5 SAVE-TIME, SAVE-MONEY MEALS EAT THIS TO BURN FAT P.22

EatingWell

WHERE GOOD TASTE MEETS GOOD HEALTH

APRIL 2013

The Best of Spring

Lighter **Slow Cooker** Dishes • **Quinoa** Sides, Salads & Soups
Creamy **Avocado** Recipes • Amazing **Asparagus**

FRUIT **DESSERTS** MADE EASY

AGE-FIGHTING FOODS TO KEEP YOU FIT

42 Fresh Healthy Quick RECIPES

WITH PHOTOS!

POWER BREAKFASTS TO GO

Roasted Garlic & Asparagus Salad + Mirin-Poached Salmon + Almond Butter Blondies

U.S. $4.99

04

0 14005 14799 8

DISPLAY UNTIL APR. 23, 2013

ADVERTISEMENT

Beat the Snack Attack

Healthy snacking is tough when hunger strikes unexpectedly, so use these tips to snack smarter and incorporate more nutritious options into your day.

MAKE A SNACK PACK

Pre-pack wholesome snacks to help curb cravings for less nutritious snack choices.

PUMP UP THE PROTEIN

Eating snacks that contain protein can help sustain energy. Protein can also help you recover after a workout so you're ready for your next challenge.

CALORIE COUNT

Look for nutrient-rich options between 100 and 200 calories—just enough to keep you going without weighing you down.

PLAN YOUR PORTIONS

Choosing individually-wrapped snacks can help keep calories in check while still satisfying your snacking needs.

For more great tips and to create your own smart snacks, visit **sargento.com/snacks**

© 2013 Sargento Foods Inc.

A Wholesome, Flavorful, and oh so Satisfying Snack.

Sargento® Natural Cheese Snacks are a good source of calcium and have at least 4 grams of protein per cheese stick. It's one snack sure to satisfy, bite after delicious bite.

For More Smart Snacks:

Sargento.com/snacks

BONTERRA

PURE HARMONY

MEET ONE OF OUR DEDICATED PARTNERS. At Bonterra, we grow wine organically and sustainably, treating the land with deep respect. We build birdhouses in our vineyards for the bluebirds and finches, who thank us by snapping up insects that would otherwise harm our crops. They get a tasty dinner, and you get pure, flavorful wine made from our organically grown grapes. That's what we call being in tune with nature. WWW.BONTERRA.COM

Everything In Balance. Drink Responsibly.

© 2013 BONTERRA ORGANIC VINEYARD, HOPLAND, CA.

contents

April 2013 Volume XII, Number 2

departments

4 **Recipe Index**
6 **From the Editor**
Food to Feel Good About
8 **Contributors**
11 **Feedback**

Good Taste • Health • Life
13 Natural Dyes
14 Virtual Farmstands
16 Power Breakfasts to Go
18 5 Ways to Go Green
22 Eat This and Burn Fat

Healthy in a Hurry
29 **Weeknights**
5 Quick Budget-Friendly Dinners
41 **Fresh Picks**
Creamy Avocado Recipes
48 **4 Ways**
Fresh Sustainable Fish
55 **Makeovers**
Scrumptious Banoffee Pie

Test Kitchen
99 Techniques: Fruit Bars in 4 Flavors
104 Ask Stacy: Make perfect hard-boiled eggs
106 **Tips & Notes**

Nourish
108 Kitchen Disasters
By Ann Hodgman

Strawberry-Rhubarb Quinoa Pudding (*page 78*)

features

25 **Feed Your Strength**
You *can* defy age-related muscle loss. These foods and exercises will help you stay strong and lean.
By Shaun Dreisbach

58 **Ready, Set, Slow**
Don't put away your crock pot yet. These fresh, healthy twists on classic recipes are so light and easy, you'll want to keep slow-cooking all spring.
By Carolyn Malcoun

70 **Rediscovering Quinoa**
For centuries it was known as "the mother grain," for the sustenance it provided in the harsh climate of the high Andes. Now North Americans are embracing quinoa for its taste, versatility, nutrition and convenience.
By Matt Thompson
Recipes by Patricia Green & Carolyn Hemming

84 **A Fresh Look at Garlic**
Magically healthy garlic can transform simple spring ingredients into dishes that are fragrant, irresistible and layered with flavor.
By Kathy Gunst

Cover photography: ©CROLIQUE

Asparagus in the issue: pages 20, 36, 50, 91
For more asparagus recipes, visit eatingwell.com/go/asparagus

PHOTOGRAPHY BY ANDREW SCRIVANI

Recipe Index

42 healthy spring recipes including easy, sustainable fish dinners, budget-friendly weeknight suppers, light slow-cooker meals and 6 tasty reasons to eat breakfast.

How We Test Recipes

Each of our recipes is tested in the *Eating Well* Test Kitchen. Our goal is to provide healthy, delicious recipes that really work.

- Recipes are tested on average seven times each.
- Each recipe is tested by multiple testers.
- We test on both gas and electric stoves.
- We use a variety of tools and techniques.
- Testers shop major supermarkets to research availability of ingredients.
- Testers measure active and total time to prepare each recipe.

How We Analyze Recipes

- All recipes are analyzed for nutrition content by a Registered Dietitian.
- We analyze for calories, total fat, saturated (sat) fat, monounsaturated (mono) fat, cholesterol, carbohydrate, added sugars, protein, fiber, sodium and potassium, using The Food Processor® SQL Nutrition Analysis Software from ESHA Research, Salem, OR. (Note: Nutrition information is updated regularly. The current analyses appear with the recipes on *eatingwell.com*.)
- Garnishes and optional ingredients are not included in analyses.
- When a recipe provides 15% or more of the Daily Value (dv) of a nutrient, it is listed as a nutrition bonus. These values are FDA benchmarks for adults eating 2,000 calories a day.
- Recipes highlighted as gluten-free (*see Key, below*) do not include wheat, rye, barley or oats. But it's important to read the labels of processed foods, such as broths and condiments, to make sure they don't contain hidden sources of gluten.

Key to Icons*

Icons identify recipes that are most appropriate for certain eating goals. A recipe marked...

- ¢ **[Budget Entree]** costs less than $3 per serving.
- is ready to eat in 45 minutes or less.
- Gluten-Free (*see note, above*)
- h✖w **[Healthy Weight]** has reduced calories and limited saturated fat.
- h↑f **[High Fiber]** provides significant total fiber.
- h♥h **[Healthy Heart]** has limited saturated fat.

*For more on our nutritional-analysis process and complete guidelines on how we define each icon, visit *eatingwell.com/go/guidelines*.

How We Price Recipes

- Costs for ingredients come from safeway.com and peapod.com.
- Costs include every ingredient, even staples.
- Costs include only the amount used (e.g., 1 teaspoon capers, not the entire jar).
- Garnishes and optional ingredients are not included in cost.
- Prices are best estimates as of winter 2013.

More Great Recipes

Go to **eatingwell.com/recipes**

PAGE			RECIPE	hw ✖	hf ↑	hh ♥	Daily Value (DV) CALORIES DV: 2,000	FAT/SAT (g) DV: <65/20	CARBS (g) DV: 300	FIBER (g) DV: 25	SODIUM (mg) DV: <2,400
			BREAKFAST								
17	◷	¢	Apple & Veggie Sausage Breakfast Sandwich	▪	▪		320	8 / 3	46	6	458
16	◷	¢	Carrot Cake Waffle Sandwich		▪		441	20 / 6	57	5	400
16	◷	¢	Green Eggs & Ham Bagel		▪		454	18 / 7	50	8	783
17	◷	¢	Pesto, Mozzarella & Egg Sandwich		▪		362	15 / 6	34	5	782
16	◷	¢	Salsa-Tofu Breakfast Burrito	▪			259	13 / 4	30	4	648
80	◷	¢	Spiced Breakfast Quinoa	▪		▪	311	4 / 1	58	4	161
			SOUP, SALADS & SIDES								
42	◷		Chipotle-Cheddar Broiled Avocado Halves		▪		191	17 / 4	9	7	99
92	◷		Garlic Stir-Fried Snow Peas & Pea Greens	▪	▪	▪	129	4 / 0	21	3	148
44	◷		Guacamole-Stuffed Poblano Peppers	▪	▪	▪	185	15 / 2	14	9	157
72			Quinoa Peanut Soup (*Sopa de Mani*)	▪	▪	▪	143	6 / 1	18	3	365
91			Roasted Garlic & Asparagus Salad	▪	▪	▪	154	13 / 2	9	2	206
77			Snap Pea & Quinoa Salad	▪	▪	▪	223	11 / 2	25	3	10
45	◷		Spinach Salad with Avocado-Ranch Dressing	▪	▪	▪	207	9 / 1	27	8	366
			CONDIMENTS								
94	◷		Garlic Scape Pesto				103	10 / 1	2	0	1
96			Pickled Garlic Cloves				14	0 / 0	3	0	12
			VEGETARIAN								
63		¢	Pinto Bean Stew with Jalapeño-Corn Dumplings	▪	▪	▪	317	5 / 2	56	15	609
82		¢	Quinoa Veggie Burger	▪	▪	▪	280	12 / 2	35	6	320
30	◷	¢	Spinach Ravioli with Zucchini Ribbons				351	11 / 6	48	2	541
			FISH & SEAFOOD								
50	◷		Breadcrumb-Crusted Cod	▪		▪	220	10 / 1	13	2	268
50	◷		Breadcrumb-Crusted Cod for Two	▪		▪	220	10 / 1	13	2	268
50	◷		Grilled Mahi-Mahi & Asparagus with Lemon Butter	▪		▪	189	8 / 4	6	2	444
52	◷		Mirin-Poached Salmon with Spring Salad	▪		▪	216	4 / 1	15	2	620
88	◷	¢	Sole with Garlic-Almond-Caper Sauce	▪		▪	289	16 / 2	18	2	553
88	◷		Spaghetti with Garlic & Clam Sauce		▪	▪	371	10 / 1	50	7	50
53	◷	¢	Tuna & Bok Choy Packets	▪		▪	201	7 / 1	5	2	258
			POULTRY								
60			Chicken Pho			▪	362	6 / 2	40	3	645
32	◷	¢	Roasted Chicken Drumsticks & Potatoes with Mojo Sauce	▪		▪	374	14 / 2	26	3	716
36	◷	¢	Sausage & Peppers Baked Ziti		▪	▪	430	10 / 4	61	11	708
92		¢	Three-Cup Chicken	▪		▪	346	18 / 3	15	1	594
60			Turkey Stroganoff	▪	▪	▪	437	6 / 3	43	7	526
			MEAT								
36	◷	¢	Asparagus & Ham Stuffed Potatoes				386	13 / 8	45	4	689
35	◷	¢	Bacon Chard Quesadillas		▪		348	12 / 6	50	9	700
35	◷	¢	Bacon Chard Quesadillas for Two		▪		348	12 / 6	50	9	700
64			Lamb Stew with Artichokes & White Beans	▪	▪	▪	373	7 / 3	37	9	747
66		¢	Orange-Scented Pot Roast with Olives	▪		▪	343	10 / 3	24	4	689
68		¢	Red Curry Pulled-Pork Sandwiches	▪	▪	▪	456	19 / 6	47	7	696
			DESSERTS								
74			Almond Butter-Quinoa Blondies	▪			146	9 / 3	15	2	71
56			Banoffee Pie				328	11 / 6	53	2	126
102			Blueberry Squares	▪		▪	213	8 / 2	32	2	114
42	◷		Chocolate Avocado Shake		▪		381	23 / 6	45	11	154
100			Lemon Squares	▪		▪	207	8 / 2	31	1	128
102			Raspberry Squares	▪	▪	▪	207	8 / 2	31	3	114
78			Strawberry-Rhubarb Quinoa Pudding	▪		▪	151	1 / 0	32	2	43
102			Strawberry-Rhubarb Squares	▪		▪	204	8 / 2	30	2	115

incredible!

WAKE UP TO EGGS

Eggs have high-quality protein for incredible mental energy. And are a naturally good source of Vitamin D, too. *Microwave Egg, Ham 'n' Cheese Muffin.

*Average amount of cholesterol in one egg is 185 mg, down from 215 mg. Brought to you by America's egg farmers.

"Is it healthy?" "Is it sustainable?" "What about the farm workers?" "Why does food cost so much?" **There's more guilt in the grocery aisles today than in a Woody Allen movie.**

Food to **Feel Good About**

Are you a little tired of hearing about what's wrong with our food? I am. I just want to feel good about my food. I want to know that it's healthy, affordable and sustainable.

The good news? This may be getting easier. This spring the First Lady and the Partnership for a Healthier America are launching an initiative aimed at helping consumers find healthier options that meet the MyPlate guidelines for nutrition. The MyPlate logo will start to appear on partner recipes, meals and menus that meet the criteria, helping consumers know what truly is "healthy," without having to pore over the data.

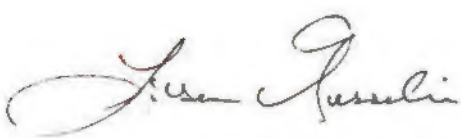
Having worked with the USDA on developing MyPlate meals, we're proud to say that most *EatingWell* recipes meet these nutritional guidelines. (To learn more, visit *eatingwell.com/go/myplate*.) Take one look at our Recipe Index, found on page 4, and you can see our nutrition criteria, as well as what's fast—and even what's gluten-free. We also highlight "affordable" entrees and this issue's *Weeknights* (*page 29*) focuses on meals under $3 per serving.

As for what's sustainable? We not only call for sustainable ingredients (such as the wild-caught salmon we use in our "Catch of the Day" recipes, *page 48*), but we send reporters into the field to see how our choices impact communities and the environment.

In "Rediscovering Quinoa" (*page 70*), Matt Thompson reports from Bolivia on what is one of the best "good news" stories we've heard recently. There are many good reasons to embrace quinoa: it tastes great, is rich in protein, gluten-free, easy and quick to cook, and most often organic. But on top of that, as Thompson's story relates, the rediscovery of this "mother grain" is saving both an indigenous culture and sustainable way of farming in the high Andes.

Now that's food you can feel good about.

Santé!



Lisa Gosselin, Editorial Director
editor@eatingwell.com

The Checklist

✓**WIN $25,000!** There's still time to enter our Kitchen Makeover Sweepstakes for the chance to win $25,000 at *eatingwell.com/winkitchen*

✓**GET A FREE BRUNCH COOKBOOK** Get a free mini cookbook of our best brunch recipes, perfect for spring occasions, at *eatingwell.com/go/brunch*

✓**EAT MORE VEGETABLES CHALLENGE** From March 5 to 19, challenge yourself to Eat More Vegetables. We make it easy with daily recipes and tips at *eatingwell.com/go/vegetablechallenge*

✓**WHAT'S FOR DINNER?** Get our picks for healthy dinner ideas, plus health and diet tips, delivered to your inbox every week. Sign up at *eatingwell.com/go/newsletters*

✓**WIN A SLOW COOKER** Every day from March 25 to 31, you'll have the chance to win a slow cooker like the one shown, a $150 value. Enter at *eatingwell.com/winslowcooker* (see page 106 for details).

PHOTOS (CLOCKWISE FROM TOP LEFT): ERICA ALLEN; BETTER HOMES AND GARDENS; COURTESY WAYFAR.COM; PETER ARDITO; ANDREW SCRIVANI

Invite Wild to Dinner Tonight.

Every day Alaska fishermen brave nature and some of the wildest waters in the world to bring the finest seafood to your table. Natural and deliciously healthy, Alaska seafood is a quick, easy, and always tasteful addition to any meal. So go wild, and share a culinary adventure with your family tonight. And, with a swipe of your finger you can explore Alaska up close, meet our fishermen, find recipes, chefs tips and more at **wildalaskaflavor.com**

ALASKA SEAFOOD

Wild, Natural & Sustainable

© 2014 Alaska Seafood Marketing Institute

Our Contributors

Shaun Dreisbach
Fitness Guru

As someone who has written and edited stories on food and fitness for magazines ranging from *American Baby* to *Glamour*, Shaun Dreisbach was the perfect person to write "Feed Your Strength" (*page 25*), which shows us how to beat sarcopenia (the loss of muscle strength) through diet and exercise. A few years ago, Dreisbach traded "the grey, honking whir of Manhattan" for Vermont, where she lives, works, eats well and works out with her husband and two kids.

Patricia Green & Carolyn Hemming
Quinoa Queens

Sisters Patricia Green and Carolyn Hemming are the bestselling authors of *Quinoa 365: The Everyday Superfood* and *Quinoa Revolution*. Their passion for quinoa (see *page 70*) has connected them with scientists, quinoa farmers and families in South America and, of course, with quinoa lovers everywhere. Their cookbooks are known for bridging the gap between traditional native cuisines and modern, healthier options, with easy recipes that are full of flavor.

Kathy Gunst
Garlic Gardener

When we asked vegetable gardener and cookbook author Kathy Gunst why she loves garlic (which she writes about on page 84), she said, "It lends a depth of flavor that you can't find from other foods"; and when she's cooking, "If all else fails: add garlic!" She is the resident chef on the public-radio program *Here & Now*. Her most recent book is *Notes from a Maine Kitchen* (Down East Books).

WHERE GOOD TASTE **EatingWell** MEETS GOOD HEALTH

Editorial Director LISA GOSSELIN

Creative Director JAMES VAN FLETEREN
Deputy Editor/Food JESSIE PRICE
Digital Editor/News MICHELLE EDELBAUM
Managing Editor WENDY S. RUOPP

FOOD
Test Kitchen Manager STACY FRASER
Associate Editor HILARY MEYER
Recipe Developers & Testers CAROLYN CASNER, PATTI COOK

NUTRITION
Nutrition Editor BRIERLEY WRIGHT, M.S., R.D.
Nutrition Consultant JILL CERRETA, M.S., R.D.

ART & PRODUCTION
Manager of Production & Custom Publishing JENNIFER B. BROWN
Assistant Managing Editor ALESIA R. DEPOT
Research Editor ANNE BLISS
Designer AMANDA COYLE
Advertising Operations Manager AMBER LEMBERG
Production Manager PATRICK McGOWAN
Advertising Production Supervisor STEPHANIE SPITZ
Quality Technical Director DAVID WOLVEK

CONTRIBUTORS
Bruce Aidells, Nancy Baggett, Marialisa Calta, Rachael Moeller Gorman, Joyce Hendley, Ben Hewitt, Rowan Jacobsen, Carolyn Malcolm, Gretel H. Schueller, Marie Simmons, Katie Webster

NUTRITION & HEALTH ADVISORY BOARD
PHILIP ADES, M.D.
Director, Cardiac Rehabilitation and Preventive Cardiology, University of Vermont College of Medicine
RACHEL K. JOHNSON, PH.D., M.P.H., R.D.
Bickford Green & Gold Professor, Nutrition & Food Sciences, University of Vermont
DAVID L. KATZ, M.D., M.P.H., F.A.C.P.M., F.A.C.P.
Director, Yale University Prevention Research Center
ALICE H. LICHTENSTEIN, D.SC.
Senior Scientist, Director of the Cardiovascular Nutrition Laboratory, Jean Mayer USDA Human Nutrition Research Center on Aging, Tufts University
RICHARD MATTES, PH.D., M.P.H., R.D.
Professor of Foods and Nutrition, Purdue University
MIRIAM E. NELSON, PH.D.
Director, John Hancock Center for Physical Activity and Nutrition, Tufts University
MARION NESTLE, PH.D., M.P.H.
Paulette Goddard Professor of Nutrition, Food Studies and Public Health, New York University
BRIAN WANSINK, PH.D.
John S. Dyson Professor of Marketing, College of Agricultural and Life Sciences, Cornell University

EATINGWELL MEDIA
President, Women's Lifestyle Group THOMAS WITSCHI
Business Director CHRISTY LIGHT
Advertising Business Manager STEPHANIE RABBANI
Vermont Office Manager TERRY LYSOGORSKI

EDITORIAL & DIGITAL OFFICES:
6221 Shelburne Rd., Suite 100, Shelburne, VT 05482
ADVERTISING OFFICES:
805 Third Avenue, 29th Floor, New York, NY 10022
PR REQUESTS:
editor@eatingwell.com; 802-985-4500; fax 802-985-4501
SUBSCRIPTION INFORMATION:
Get quick help: *www.eatingwell.com/csmag*
SUBSCRIPTIONS:
P.O. Box 37508, Boone, IA 50037-0508; 800-337-0402

CHRISTINE GUILFOYLE *Group Publisher*
STEPHEN BOHLINGER *Publisher*
TERRI SMITH *Group Associate Publisher, Marketing*

ADVERTISING
KEVIN GILLESPIE *Integrated Advertising Director* 603-305-5106
DIANE DE SPIRLET *East Coast Advertising Sales Director* 802-578-4853
ILYSE LINDER *Northeast/New England Account Manager* 212-455-1054
CHIP WOOD *Midwest/Southwest Account Manager* 312-853-2894
KAREN BARNHART *Detroit Account Manager* 248-205-2571
CORTNEY MARKERT *Direct Media Account Manager* 212-499-6770
GRACE CHUNG *Direct Media Advertising Director*
KRISTEN PARKER *Advertising Sales Assistant*

MARKETING
KATHARINE ETCHEN *Associate Marketing Director*
ALYSSA PHILLIPS *Design Director*
KIM BERRY *Senior Promotion Manager*

CIRCULATION
TODD BIERLE *Consumer Marketing Director*
DAWN ANGUS *Retail Brand Manager*
CAROLINE BIDDLE MCKENZIE *Direct Retail Sales Manager*

INTERACTIVE & LICENSING
LARRY SOMMERS *GM, Digital Media & Business Development* 802-985-4526

RENÉE LAUBER, M.S. *Licensing, Director of Health & Wellness*
LAURA CARLSMITH *Licensing, Audience Development*
NICCI MICCO, M.S. *Content Director, Custom Publishing & Licensing*
DAVID GRAY *Director of Business Development*
MARY JO REALE *Custom Publishing & Content Licensing*
SOPHIA PICCO *Digital Marketing & Licensing Analyst*
PAULA B. JOSLIN *Senior Content Producer*
PENELOPE WALL *Senior Interactive Producer*
SARAH HOFF *Business Development & Licensing Producer*
ERIN McCORMICK *Managing Producer*
MATT MALENCZAK *Technical Producer*
ERIC SMITH *Technology Director*
JESSE GUERTIN *Technical Project Manager*
REBECCA GRENIER *Software Developer*

MEREDITH NATIONAL MEDIA GROUP
TOM HARTY *President*

EXECUTIVE VICE PRESIDENTS
RICHARD PORTER *President, Media Sales*
JAMES CARR *President, Better Homes and Gardens*
CAREY WITMER *President, Parents Network*
THOMAS WITSCHI *President, Women's Lifestyle*
GAYLE GOODSON BUTLER *Creative Content Leader*
NANCY WEBER *Chief Marketing Officer*
LIZ SCHIMEL *Chief Digital Officer*
MICHAEL BROWNSTEIN *Chief Revenue Officer*
JEANNINE SHAO COLLINS *Chief Innovation Officer*
MIKE RIGGS *General Manager*
DOUG OLSON *Director, Operations & Business Development*

SENIOR VICE PRESIDENTS
JACK GOLDENBERG *Chief Technology Officer*
ANDY WILSON *Audience Development and Commerce*
CAROLYN BEKKEDAHL *Digital Sales*

VICE PRESIDENTS
JANET DONNELLY *Consumer Marketing*
STEPHANIE CONNOLLY *Corporate Marketing*
BRIAN KIGHTLINGER *Corporate Sales*
PATTI FOLLO *Direct Media*
BRITTA WARE *Research Solutions*
PATRICK TAYLOR *Communications*
MARK PETERSON *Newsstand*

meredith

OUR SUBSCRIBER LIST is occasionally made available to carefully selected firms whose products may be of interest to you. If you prefer not to receive information from these companies by mail or by phone, please let us know. Send your request along with your mailing label to Magazine Customer Service, P.O. Box 37508, Boone, IA 50037-0205.

STEPHEN M. LACY *Chairman & Chief Executive Officer*
PAUL KARPOWICZ *President, Meredith Local Media Group*

VICE CHAIRMAN **MELL MEREDITH FRAZIER**
IN MEMORIAM **E.T. MEREDITH III**, 1933-2003

PRINTED IN USA

PHOTOS (TOP TO BOTTOM): COURTESY SHAUN DREISBACH; RYAN SZULC; ANDREA KUHN

The timing is perfect. Your family is growing. So are your responsibilities. Now, along comes the help you need. Introducing the all-new 2014 Subaru Forester. More space and comfort inside. Yet it's still right-sized, with 32 mpg* plus Symmetrical AWD. That's a whole lot to love. Love. It's what makes a Subaru, a Subaru.

SUBARU
Confidence in Motion

Forester.* Well-equipped at $21,995†

2014 Subaru Forester 2.5i Touring shown has an

1/3 fewer calories, 1/2 the fat, same great taste
RECIPES ARE SIMPLY BETTER WITH A DOLLOP OF DAISY
Discover our butternut squash soup at DaisyBrand.com/butternut
Daisy
BRAND
Light
SOUR CREAM
Pure & Natural

Feedback

What I Know

I read Diane Goodman's *Nourish* essay, "What I Know," in your February issue and was truly moved. I think, in the end, cooking is about giving and connecting. Her essay reminds us that the very act of preparing a meal is a gift of love that at least two benefit from—the diner and the cook. Thank you, Ms. Goodman! *—Peter Bergh*

Peas, Please!

I loved the attention given to frozen peas in your February issue! When my children were small, they would beg for a cup of frozen peas to snack on before dinner. I never let on that they were not getting a "treat." *—Patrice Kilham*

Creamy Goodness, Minus the Cream

Your "Creamy Winter Comfort" article was great! My fiancé is lactose-intolerant and we were hesitant about how the "Cream Sauce without the Cream" would be in Mac & Cheese. We were surprised with how creamy and rich it was and will definitely be making it again (using lactose-free cheddar!). *—Christina Fole*

Design Notes

I just received the February issue of *EatingWell*, and I love, love, love the new format! I happily ripped out more *Healthy in a Hurry* recipes than ever before with no worries about a recipe continuing onto the next page. *—Amy Tharakan*

Ever since my grandmother introduced me to *EatingWell* it has been the only food magazine that I subscribe to. However, the typeface in your last issue was far too small. If it hurts my 31-year-old eyes, my 84-year-old grandmother is out of luck. *—Audrey Hughes*

Editors' reply: *We hear you! We are now using LARGER type!*

We want to hear from you!

Send your comments to editor@eatingwell.com

EatingWell asked: "What food and nutrition rules do you live by?"

- I always choose food with love for myself in mind. This way I'm always eating what supports my body and my goals. *—Allison Nichols*
- Eat anything bright and fresh. *—Yvette Corona*
- If it wasn't food a hundred years ago, it's not food now. *—Sheree Haney Acosta*
- I grill. It saves a lot of fat instead of frying, etc. Roasting is good too. What distinguishes between healthy and unhealthy can be your cooking method. *—Angela Sidrak*
- I try to eat as close to natural and as close to home as possible! Shopping at the farmers' market each week focuses my efforts on seasonal, local ingredients. *—I'm Busy Getting Stronger*

twitter

Find us on Facebook

Pinterest

PETER ARDITO

Soups are simply better with a dollop of Daisy.

Cheddar Broccoli Soup
Recipe: daisybrand.com/cheddar

Tomato Soup
Recipe: daisybrand.com/tomato

Chicken Tortilla Soup
Recipe: daisybrand.com/tortilla

Potato Leek Soup
Recipe: daisybrand.com/leek

Moms, see what a Dollop of Daisy can do at DaisyBrand.com

Daisy BRAND

facebook.com/DaisySourCream

Good morning
Great morning
GREEN MOUNTAIN COFFEE
THE BEST-SELLING BRAND FOR THE KEURIG® BREWING SYSTEM
KEURIG
Brew a better day

Color Your World?

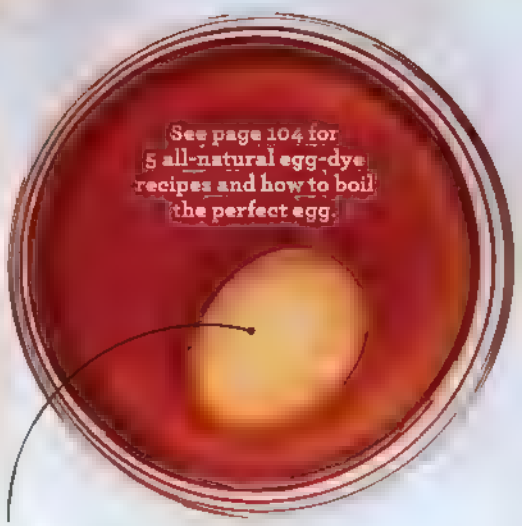
Each spring, color returns to our food: vibrant spring greens, ruby-red radishes, the fresh orange of the first baby carrots and, of course, the rainbow of dyed Easter eggs. All these colors awaken both our eyes and palate.

That we also eat with our eyes is a fact not lost on food manufacturers. Americans consume five times more food dye now than in 1955. Today, dyes make white bread look more like whole wheat, add eye-popping color to cereals and mimic fruits or vegetables in processed foods. They are sometimes even sprayed on oranges to brighten them up.

Commonly used synthetic dyes, such as Red 40, may pose a "rainbow of risks," including cancer (at least three dyes indicate a risk in animal studies), hyperactivity in some children and allergic reactions, according to the Center for Science in the Public Interest. (In Europe, synthetic dyes have been largely phased out.) The FDA requires manufacturers to list synthetic color additives by name. Look for the numbers, like Blue 2, in the ingredient list.

But you can still have your color and eat it too: safe plant-based and mineral dyes can accomplish a similar effect. Ones you might see on food labels include chlorophyllin (green from algae) and paprika (red from peppers). Household foods, such as beets and red onions, color the eggs on this page.

—Gretel H. Schueller



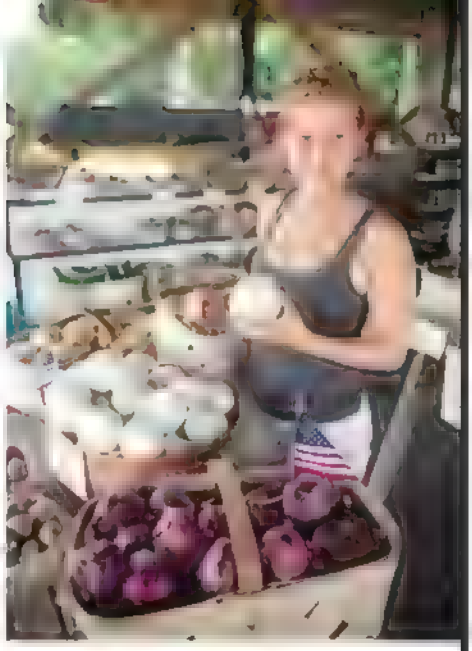
Eggstraordinary Colors!

- Pale blue = Red cabbage
- Violet = Beet
- Khaki green = Red onion skins
- Orange = Yellow onion skins
- Yellow = Turmeric

PHOTOGRAPHY BY KARIN KRASNER. FOOD STYLIST: KAREN GILLINGHAM. PROP STYLIST: JENNIFER BARGUIARENA

Free Easter Cookbook!
Get a free mini cookbook of easy Easter recipes at **eatingwell.com/go/easter**

The Virtual Farmstand



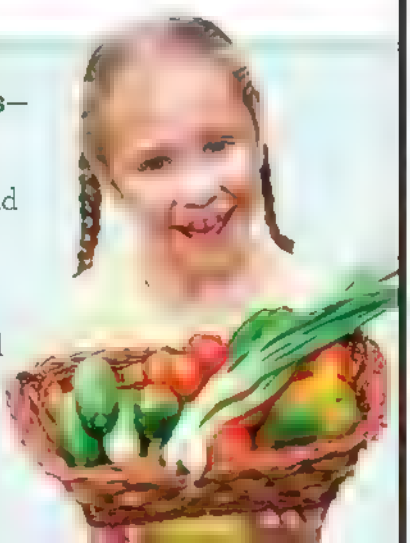
What if you could get the bounty of your local farmers' market combined with the convenience of online shopping? You can now, thanks to virtual farmstands.

A new crop of online farmstands is providing family farms and small-scale food vendors with an aggregated venue to sell their products online. With no membership requirements, minimum orders or commitments, these sites give you a way to get the best local farms and food artisans have to offer with just a few clicks of your mouse. You pay by credit card and your selection is delivered to your doorstep or a convenient pick-up location.

The websites are sprouting faster than spring peas. Former Wall Streeter Todd Greenfield has created the most ambitious to date, *americasfarmstand.com*, with nationwide farms and delivery. Greenfield spends two weeks of each month visiting and selecting the small family farms and artisans that appear on the site. Rob Spiro, a former software techie with Google, has built up *Goodeggs.com*, which brings Bay Area produce to some San Francisco neighborhoods and hopes to expand in the coming year. And in Vermont, Suzy Hodgson has cofounded *yourfarmstand.com*, which now supports more than 12 local markets in towns around that state and plans to expand across the country to any community that wants to start a market.

The convenience isn't just for consumers. "It's great for farmers too," notes Hodgson. "Manning a farmstand means at least six hours away from the field." If farmers have a bumper crop of tomatoes, the website offers them the flexibility to easily sell their extra produce. Plus, it's one more way to reach people. — *G.S.*

WEBSITE / REGION COVERED	BEYOND MEAT & VEGGIES	THE DEAL
Americasfarmstand.com *Nationwide*	Maine lobsters, dill pickles, dog food, grapeseed oil	Hand selected sustainable family farms around the country, most organic.
Relayfoods.com *Virginia, Baltimore, D.C.*	Local trout, pet food, buckwheat pound cake	While the emphasis is on local and organic products, it also offers some conventional grocery store brands.
Greenling.com *Texas*	Local kombucha, lemon marmalade, a prepacked "local box" of produce, which could include limes, avocados, arugula and pea sprouts	Dedicated to local agriculture and sustainable farming, but also offers Heifer International shares and some national organic food brands.
Yourfarmstand.com *Vermont, with plans to expand*	Croissants, applesauce, mustard, honey, maple syrup	Neighborhood farms and food artisans (after receiving setup support, each local market is independently operated).
Goodeggs.com *California's Bay Area, with plans to go nationwide*	Gluten-free breads, fresh crab, piroshki, baby food, bagels, soul food	Only local farms and food artisans.



Higher test scores, improved learning, **healthier eating habits**—you can't go wrong with a school garden, as dozens of studies have shown. A study of sixth graders in a garden program, for example, found they more than doubled their fruit and vegetable consumption. "The impact is so wide. It's a sea change," says Kimbal Musk, co-founder of The Kitchen [Community], a nonprofit that aims to establish 180 school **"Learning Gardens"** around the country by the end of 2013. *G.S.*

TOP: EDWIN REMSBERG; THE IMAGE BANK/GETTY IMAGES; CENTER: GIANNA CHRISTIANSEN; BOTTOM: SHUTTERSTOCK (CRATE), EDUCE RUBIA/SHUTTERSTOCK (BREAD); BOTTOM: GAL ISRAEL/SHUTTERSTOCK; ©YVONNE WERINK

morning person better.

Let's Make...
APPLE MAPLE CHICKEN SAUSAGE SLIDERS

alfrescoallnatural.com

Get this recipe and a $1 coupon!

Servings: 6 **Ready in 15 minutes**

INGREDIENTS

1 pkg al fresco Apple Maple Breakfast Sausage
6 large eggs
1 4 cup nonfat milk
1/4 tsp black pepper, freshly ground
6 whole wheat mini bagels
1 2 cup apple jelly (or apricot)
2 oz low sodium cheddar cheese, shredded
Cooking spray

INSTRUCTIONS

Slice sausage on diagonal into 1/4" pieces. Brown sausage in non-stick frying pan, remove & keep warm. Whisk eggs with milk and black pepper. Spray medium-sized skillet with cooking spray and heat over medium heat. Pour in eggs, scramble until done, but soft (2-3 min). Toast mini bagels, spread top and bottom with jelly. Place eggs and sausage on mini bagel bottoms. Sprinkle with cheese and finish with bagel top.

5-Minute Breakfasts to Go

The breakfast sandwich gets a makeover: five healthy ways to make sure you don't skip the most important meal of the day

Carrot Cake Waffle Sandwich

Toast 2 whole-grain frozen waffles. Spread 2 Tbsp. reduced-fat cream cheese on 1 waffle; top with ½ cup shredded carrot, 2 Tbsp. raisins, 1 Tbsp. chopped walnuts, 2 tsp. pure maple syrup and the remaining waffle. **Calories: 441**

Salsa-Tofu Breakfast Burrito

Lightly brown ½ cup crumbled extra-firm tofu in 1 tsp. olive oil in a nonstick skillet. Stir in 2 Tbsp. fresh salsa and a pinch of salt and pepper. Combine with 2 Tbsp. Monterey Jack cheese in an 8-inch whole-wheat tortilla; fold into a burrito. **Calories: 259**

Green Eggs & Ham Bagel

Toast a whole-wheat bagel. Combine 1 large beaten egg, ½ cup baby spinach (chopped) and a pinch of pepper. Cook in 1 tsp. olive oil in a small nonstick skillet until set, about 1 minute. Spoon onto 1 bagel half; top with 1 slice each low-sodium Swiss cheese and Canadian bacon and the remaining bagel half. **Calories: 454**

PHOTO BY CARIN KRASNER
FOOD STYLIST KAREN [illegible]
PROP STYLIST JENNIFER BARGUIARENA

Breakfast often gets the short end in the morning dash out the door. But skipping breakfast primes your brain to seek out high-calorie foods and means you'll eat more later. While you probably know a breakfast sandwich from a fast-food chain isn't a great option either, you'd be surprised by just how unhealthy it can be. A recent study found that eating even one typical fast-food breakfast sandwich can actually change how your arteries perform. Doctors at the Montreal Heart Institute had 28 men eat a sausage, cheese and egg sandwich with hash browns—loaded with 50 grams of fat, most of it saturated. Then they checked how well their blood vessels dilated, a function that is linked to the risk of developing heart disease. Within hours, the participants' arteries dilated 24 percent *less* than before they had eaten. In contrast, a meal low in saturated fat had no effect. The solution? Whip up one of these healthy breakfast sandwiches. They offer a new twist in fast, portable breakfasts—and with just 3 to 6 grams saturated fat per serving. *G.S.*

Pesto, Mozzarella & Egg Sandwich

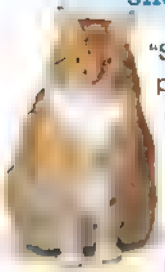
Toast 1 whole-wheat English muffin. Beat 1 large egg and ¼ cup chopped roasted red peppers in an 8-ounce bowl or ramekin. Cover and microwave until set, 1 minute. Spread 1 tsp. pesto on 1 muffin half; top with 1 thin slice fresh mozzarella, the egg and the remaining muffin half. **Calories: 362**

For more nutrition information, turn to the recipe index on page 4.

Apple & Veggie Sausage Breakfast Sandwich

Toast 2 slices whole-wheat cinnamon-raisin bread. Microwave 1 vegetarian sausage patty until hot, about 30 seconds; crumble. Spread 1 tsp. raspberry jam on 1 piece of toast; top with a few apple slices, 2 Tbsp. shredded Cheddar, the sausage and remaining toast. **Calories: 320**

How do I know if my pet is overweight and what should I do about it?



SEND YOUR QUESTION about pet nutrition to *askthevet@eatingwell.com*

"Studies show that up to 60 percent of dogs and cats are obese or overweight. To see if your pet is fat or just fluffy, feel over its rib cage, which should be no more padded than the back of your hand. If it is, your pet may be overweight, which can lead to diabetes and breathing problems, as well as a shorter life. Work with your veterinarian or board-certified vet nutritionist to select a diet low in calories. A lower-calorie food may also allow your pet to eat more volume and feel full. Remember: treats, supplements and dental chews all add calories."

—Dr. Deborah Linder, DVM, DACVN, *head of Tufts Obesity Clinic for Animals, one of the nation's first obesity clinics geared especially to pets*

Label Watch: Inulin

This odd-sounding ingredient (not to be confused with insulin) often added to foods like yogurt, pasta, cereal bars and ice cream is simply a type of fiber found in many plants. Harvested from chicory root, inulin adds fiber to processed foods, creaminess to reduced-fat products and may increase feelings of fullness. Plus it's a "prebiotic"—contributing to beneficial gut bacteria—and may reduce type 2 diabetes risk and increase calcium absorption. But eat more than 10 grams and it may do a number on your GI system. *—Anne Bliss*

Advice from The Green Guru

On his 12th birthday (Earth Day), **Danny Seo** founded Earth 2000, which quickly exploded into the country's largest teenage activist charity, and he's been campaigning for sustainability ever since. Today, Seo (now 36) has a syndicated column and an extensive line of eco-friendly home and food products, including nonstick cookware that is free of two controversial chemicals (PTFE & PFOA). He is also the best-selling author of nine books, including the *Upcycling* series, featuring eco-friendly craft projects. Here he shares his five changes that would have the biggest impact on the planet. *G.S.*

1 **EAT LOCAL.** Food shouldn't have more frequent-flier miles than you do. While it may not be possible to find locally grown oranges where you live—I live in Pennsylvania—that doesn't mean things like milk, cheese and eggs have to come from other states when local options exist for most of us.

2 **GO VEGETARIAN.** I made the switch when I was 12 and have never looked back. Many environmentalists believe this one switch to eliminating meat—even if you do just a few days a week—is the single most significant thing you can do to help with water, air and land conservation.

3 **DON'T OVERBUY.** We each toss about 240 pounds of food into the trash every year, which equals around $2,000 for the average American household. I am a big believer in juicing whatever produce is on the brink of going bad. It's easy, delicious and good for you.

4 **UPDATE YOUR FRIDGE.** A refrigerator is one of the biggest energy hogs since you really can't turn it off. If it's more than 10 years old, it's likely using 1½ to 2 times the amount of energy it used the first day you plugged it in. Replace an old fridge with an Energy Star model and most stores will take away and recycle your old one for free.

5 **USE THE DISHWASHER.** Washing by hand wastes more water. According to the EPA, hand washing a load of dishes uses around 27 gallons of water vs. 4 gallons used by an energy-efficient dishwasher. So load up the dishwasher and use environmentally friendly detergents. And don't prerinse too much. Detergents today need some grime and grease to be activated, so if your dishes are too clean going in, the detergent won't work. (Yes, really!)

TOP LEFT: ALICIA VAN FLETEREN. TOP RIGHT: LAURA MOSS FOR DANNY SEO MEDIA VENTURES

Suitable For Vegans

Now, make friends with food again.

Every meal, every day... Digest HPE™ helps make even hard-to-digest foods more agreeable.*

Which foods are unfriendly to your digestive system. spicy, oi y, rich? Fruits, vegetables, nuts? Maybe you don't even know.

Digest HPE™ is an intensive strength complex w th high levels of important enzymes your body needs to more thoroughly d gest your food.* With 13 bio-active enzymes, th s advanced formula gives you broad spectrum d gestive support for prote ns, carbohydrates, fibers, fats and more.*

So take D.gest HPE™ with every meal. Because when your digest on is right, mea time becomes a ot more friendly.* **Available at health, natural food and vitamin specialty stores.**

AMERICAN HEALTH®
good health made simple
AmericanHealthUS.com

*These statements have not been evaluated by the FDA. This product is not intended to diagnose, treat, cure or prevent any disease. ©2013 American Health, Inc. 12-AH-1226

Spring treasure

Savor this seasonal delicacy: white asparagus

In [illegible] parts of Europe the [illegible] appearance of white asparagus is so revered that full-blown festivals mark the season. Chefs and home cooks alike go crazy for the slightly milder, colorless spears. The difference between white and green asparagus: white asparagus is grown underground. Growers cover the spears with mounded dirt or black plastic tunnels so that they're not exposed to light and don't produce chlorophyll (which would turn them green).

The delicately sweet spears demand kid-glove treatment in the kitchen too. Lay spears flat on a cutting board and peel the bottom two-thirds of each spear with a vegetable peeler. Boil in a large skillet filled with several inches of water until very tender, 10 to 20 minutes. (Don't leave them tender-crisp as you might with green asparagus.) The traditional way to eat them is with your fingers, dipping them in hollandaise sauce (a healthy version is at *eatingwell.com*).

Or, for an easy dip, stir together 3 tablespoons each nonfat plain Greek yogurt and low-fat mayonnaise with 2 teaspoons lemon juice, 1 tablespoon chopped fresh dill and a pinch of salt.

—*Jessie Price*

PHOTOGRAPHY BY JOE VAUGHN, PROPS STYLING BY STEPHANIE PA[illegible]

For serious odor control, it's a natural.

New, improved Swheat Scoop® Litter naturally eliminates litter box odors even better. Plus, it clumps faster and firmer than ever for easier cleanups. See for yourself why cat owners are praising this chemical-free, biodegradable litter.

The difference is wheat.™

Available in Original, Multi-Cat and Lightly Scented varieties.

www.swheatscoop.com

"Swheat Scoop" is a Reg. TM and "The difference is wheat" is a TM of Pet Care Systems
©2012 PCS All Rights Reserved. Made in the USA

MANUFACTURER'S COUPON – EXPIRES 12/31/13

SAVE $3.00 on any size EW

Swheat Scoop® Natural Clumping Litter

Available at Petco, PetSmart, Target and fine grocery, neighborhood pet and natural food stores.

0787748 010067

5 87748 00087 0

NO DOUBLING. Coupon void if altered, copied, sold, purchased, transferred, exchanged or where prohibited or restricted by law. CONSUMER: Limit one coupon per specified item purchased. Customer pays any sales tax. RETAILER: Pet Care Systems will reimburse you for the face value plus $.10 handling if submitted in compliance with Pet Care Systems Coupon Redemption Policy dated 5/01, available upon request. Coupons must be redeemed at retail locations in the USA. Send coupons to Pet Care Systems, P.O. Box 880248, El Paso, TX 88588-0248. Cash value .20¢.

Get Lighter, Sleep Better. If you're carrying extra pounds, especially around your middle, **losing weight may improve your sleep,** say researchers from Johns Hopkins University School of Medicine, who announced the finding at a recent meeting of the American Heart Association.

and

New research shows probiotics can crank up your metabolism

Boost your metabolism and burn fat with a daily dose of yogurt? It may be possible, says new research published in October 2012 by the *Journal of Functional Foods*. Researchers gave overweight, but otherwise healthy, adults about ½ cup of yogurt at dinner every night for six weeks. Some ate yogurt supplemented with a hefty dose of probiotics (either *Lactobacillus fermentum* or *L. amylovorus*), while others got regular yogurt, which is simply fermented with probiotics. Though none of the subjects lost weight, those consuming the probiotic-enriched yogurt lost 3 to 4 percent body fat, compared to just 1 percent body fat lost with yogurt. Probiotics boost the beneficial bacteria in the GI tract, which researchers believe may promote fat burning. One caveat: the two strains of probiotics used in the study aren't widely available or found in conventional supermarket yogurts – and more research is needed to know if other strains are equally as beneficial. To ensure your yogurt delivers a decent amount of probiotics, look for one that carries the "Live & Active Cultures" seal; that means it contains about the same amount of probiotics that had fat-burning benefits.

—Lisa D'Agrosa, R.D.

To find yogurt that delivers a decent amount of probiotics, look for one that carries the "Live & Active Cultures" seal.

Ask Brierley

What's the verdict on organic foods: are they really healthier?

Here's why you can feel good about organic: USDA certified organic means your food is produced without synthetic pesticides, bioengineering or radiation; animals are raised without antibiotics or growth hormones. But the debate about whether organic foods are healthier for you continues. And two new studies add to the controversy.

In a recent study in the *Journal of the Science of Food and Agriculture*, researchers fed organically and conventionally grown carrots to mice. Mice who ate organic had an increase in regulatory T cells, which are key for immune function. This study looked at the effects of eating organic food. In contrast, most simply compare nutrient and contaminant levels in organic versus conventional foods. And very few studies are of *people* who eat these foods. These are some of the points made in a recent review of studies published in the *Annals of Internal Medicine*. It concluded that there's "limited evidence for the superiority of organic foods."

The authors did find that organic produce contains more phosphorus. Whoop-de-do... You'd have to be near total starvation to be phosphorus deficient. Another bummer: bacterial contamination (like *Campylobacter* and *E. coli*) may be more likely in organic foods. It wasn't all negative: the bacteria in organic chicken and pork are less likely to be antibiotic-resistant. Conventional produce also has a 30 percent higher risk of pesticide residue. And a few studies suggest organic milk and chicken may deliver more good-for-you omega-3 fats.

Bottom line? More research is needed, but if you worry about antibiotic resistant bacteria or pesticides, buy organic.

Send your nutrition questions to **Nutrition Editor Brierley Wright, M.S., R.D.,** at *askus@eatingwell.com*

TOP LEFT: YUGANOV KONSTANTIN/SHUTTERSTOCK; BOTTOM RIGHT: ERICA ALLEN

Top Foods to Buy Organic Get a list of the 14 fruits and vegetables most contaminated with pesticides at **eatingwell.com/go/organic**

As much protein as an egg,
now found in a bowl.

There's a surprising way to get protein at breakfast. Kashi® GOLEAN™ cereals. With protein, plus fiber, they help keep you full all morning. Try GOLEAN, and find out even more about protein at **kashi.com**

Kashi

7 whole grains on a mission™

KASHI® GOLEAN® cereals contain 3-20% DV of protein per serving; one large egg contains 13% DV of protein. GOLEAN products are designed to promote a feeling of fullness by increasing daily intake of protein and fiber. See nutrition information for details.

MANY BEANS APPLY.
FEW ARE SELECTED.

Our premium coffee beans are carefully selected, then roasted to perfection.
Our gourmet coffee is available in ground, whole bean and Keurig® K-Cup® packs.
Eight O'Clock. America's Original Gourmet Coffee.

Feed Your Strength

You *can* defy age-related muscle loss. These foods and exercises will help you stay strong and lean.

By Shaun Dreisbach

Sarcopenia. Sounds like a little-known Mediterranean island but it's actually the medical term for age-related muscle loss. And it happens, in varying degrees, to all of us Studies show that we lose ½ to 1 percent of our lean muscle mass each year, starting as early as our thirties (eek!) Muscle strength also declines by 12 to 15 percent per decade. These drops are much more dramatic, however, among people who eat less healthfully, don't exercise regularly and even those who lose a significant amount of weight (since muscle tends to vanish along with the fat). In one study, 30-year-olds who were put on bed rest for a month lost an average of a pound of muscle *just* from their legs. In a separate study, even greater losses occurred in older adults after just ten days. (Eek is right!)

In the short term, *any* amount of lean muscle or strength loss can cause annoyances ranging from not being able to open a jar of pickles to premature aging (sunken cheeks, more pronounced wrinkling). And if left unchecked, sarcopenia can lead to a host of issues later in life, including disability and increased mortality risk due to frailty. It also ups your odds for metabolic disorders and type 2 diabetes—since muscle tissue helps regulate blood sugar, insulin and other hormones. In fact, it's estimated that the annual direct health costs of age-related muscle loss soar upwards of $18.5 billion in the U.S. –making it a pricier problem than osteoporosis. "Sarcopenia tends to be a slow and insidious process—it's not something that just happens when you reach old age," says Douglas Paddon-Jones, Ph.D., professor of nutrition and metabolism at the University of Texas Medical Branch at Galveston. "The parallel we often draw is with osteoporosis. It's subtle at first and becomes far more consequential when it has progressed. That's why it's so important to maintain as much lean muscle mass as you can, from

In one study, 30-year-old adults who were put on bed rest for a month lost an average of a pound of muscle *just* from their legs.

your thirties and forties onward. But even if you start later in life you can make a big difference."

And that (finally!) brings us to some happy news: experts say there are simple, science-proven steps you can take to preserve those muscles of yours—and even reverse age-related loss that has already occurred. Oh, and a lot of the advice involves *eating!* What could be better? Dig in:

1 Nosh on high-quality protein

The amino acids in protein are the building blocks of muscle, which is why diet tops the list of changes experts say you should make. And one amino acid, called leucine, is particularly good at turning on your body's muscle-building machinery. Once that muscle-building switch is flipped—you need to do this at each meal – you're better able to take in the amino acids (of any type) from protein in your diet. Dairy products—especially those high in whey protein like milk and Greek yogurt—are excellent sources of leucine. Lean meat, fish and soy, such as edamame and tofu, are also rich in this amino acid.

2 Get 30 grams of protein per meal

"Most of us eat a tiny amount at breakfast, a bit more for lunch and our evening meal is a complete protein frenzy. But emerging research suggests we should be eating differently," says Susan Kundrat, M.S., R.D., nutritional sciences program director at the University of Wisconsin-Milwaukee. Though it's more than what's recommended for general health and good nutrition, "getting a consistent, moderate 30-gram dose at mealtimes appears to be optimal for building and maintaining lean muscle mass," says Kundrat. (And, no, more isn't better. Your body doesn't have a big storage tank for protein so if you eat half a chicken, you'll only use part of it. The rest will be stored as fat or, um, get flushed.) What does "30 grams" mean in real-life terms? It's equal to a three-egg omelet with ½ cup hard cheese or 1 cup of Greek yogurt with an ounce of almonds mixed in or a cooked 4-ounce hamburger or 5-ounce salmon fillet.

3 Eat your omega-3 fats

These essential fatty acids are known to boost everything from heart health to mood. And a growing body of research has also linked omega-3s with muscle maintenance. How? Inflammation in the body causes muscle to break down, and omega-3s are—you guessed it—anti-inflammatory powerhouses. A recent study published in the *American Journal of Clinical Nutrition* found that omega 3s improve the way your muscles use protein, as well—and could

actually help treat sarcopenia, not simply prevent it. Foods like salmon, walnuts and omega-3-enriched eggs give you a nutritional twofer: you get omega-3s *and* muscle-building amino acids. Flaxseeds also give you a hit of omega-3s. Eating 4 ounces of cooked salmon plus ¼ cup of walnuts a day is about all you need to reap the benefits.

Check your vitamin D levels

If you're deficient (your doctor can do a simple blood test) consider upping your daily intake with a supplement, suggests Elena Volpi, M.D., Ph.D., director of the Claude D. Pepper Older Americans Independence Center at the University of Texas Medical Branch at Galveston. A recent review of studies found that getting adequate vitamin D helps with muscle protein synthesis and fights inflammation, both of which translate into better muscle strength, power and balance. Note: Usually supplements are meant to be a nutritional safety net. But as you age, your body becomes less able to make vitamin D through sun exposure (it takes four times as long in people over 60), and it's tough to get enough through diet—so popping a pill may be optimal in this case.

> "Sarcopenia tends to be a slow and insidious process—it's not something that just happens when you hit old age. That's why it's so important to maintain as much lean muscle mass as you can, from your 30s and 40s onward." —DOUGLAS PADDON-JONES, PH.D.

Do some resistance training

"It's *massively* important for building muscle—and preventing it from vanishing in the first place," says Paddon-Jones. About 20 to 30 minutes of resistance training, three times a week, is what's often recommended. But research shows that one to two short resistance workouts each week can improve muscle mass and strength. The key is to really tax your muscles and to vary your workouts by mixing up the exercises, number of reps and the weight you use (e.g., heavy weights and fewer reps one day, lighter weights and more reps the next). Also, make sure you get some protein in your system about an hour or so before (or right after) you hit the gym. The marriage of protein and exercise gives you added benefits. Paddon-Jones found that study participants who noshed on 30 grams of protein pre-workout increased their muscle-building potential by 100 percent. If you lift weights on protein fumes, on the other hand, you won't get nearly the same results. But grabbing a high-protein snack, particularly milk or whey protein, post-workout can be beneficial as well.

Get your heart pumping too

Yep, cardio is an absolute must—primarily for muscle maintenance. "Aerobic exercise improves your body's response to insulin—and insulin helps with muscle health and repair," explains Paddon-Jones. Cardio enhances blood flow, as well, including the flow of nutrients inside the muscle. Aim for at least 30 minutes of moderate to intense cardio, such as brisk walking, biking or swimming, three or more days a week. The payoff: You'll look and feel better now, and—flash forward a few decades—be the spryest silver fox on the block later on.

I'M A GROWER OF PEANUTS-
A.K.A. HARVESTER OF PROTEIN,
NURTURER OF ANTIOXIDANTS
& BRINGER FORTHER OF
VITAMINS AND MINERALS.

{ With over 30 vitamins and minerals peanuts are a Superfood }

PEANUTS:
ENERGY for the good Life.
nationalpeanut

Clarke Fox, Virginia Peanut Farmer

weeknights / 30
Meals Under $3
fresh picks / 41
Avocados
4 ways / 48
Fish Fillets
makeovers / 55
Banoffee Pie

healthy in a hurry

Great ideas for meals in minutes!

friday

Asparagus & Ham Stuffed Potatoes

PAGE 36

PHOTOGRAPHY BY PETER ARDITO; FOOD STYLISTS: PATSY JAMIESON WITH ELLEN FAUSGRAF; PROP STYLIST: ST CLAUDIA VENDEN

No-Fuss **Budget Suppers**

Easy recipes for fast meals under $3 a serving

With April 15 right around the corner, it's time to come clean: in the past year, my idea of shopping within a budget was often to ask the budget to look the other way. (After all, it doesn't want me to go without good bread and wine, does it?) Is it any wonder that now I'm digging through the couch cushions to pay my taxes when I should have been saving money all along?

Staying within a grocery budget is a good exercise anytime of year, of course. These five dinner recipes from the *EatingWell* Test Kitchen helpfully watch the budget for you: all cost less than $3 per serving. They also prove that a meal made with less-expensive ground beef or sensible chicken drumsticks is an option that doesn't leave you feeling deprived. And when you play up pasta or potatoes at the center of a meal instead of meat, you naturally save money. I'll spend less than $12 to make four generous Asparagus & Ham Stuffed Potatoes (*page 36*); with just six ingredients (not including salt and pepper), there's not much to buy and just a little prep to do. That's good, because the less time I spend at the store, the less I'll be tempted to stray outside my renewed resolve to shop smart and eat (well) within my means. —***Wendy Ruopp***

Spinach Ravioli with Zucchini Ribbons

30

Makes: 4 servings, generous 1 cup each
Active time: 30 minutes
Total: 30 minutes
Cost per serving: under $2

Here we combine gorgeous long ribbons of zucchini with spinach-and-cheese-stuffed ravioli and a light cream sauce for a satisfying vegetarian main dish

- 2 medium zucchini, very thinly sliced lengthwise (*see Tip, left*)
- 1 pound fresh *or* frozen spinach-and-cheese ravioli
- 2 cloves garlic, crushed
- ½ teaspoon salt
- ½ cup half-and-half
- 2 teaspoons all-purpose flour
- 1 tablespoon butter
- 1 large shallot, minced
- ¼ cup dry white wine
- ¼ cup thinly sliced fresh basil
- ¼ teaspoon freshly ground pepper
- ¼ cup shredded Parmesan cheese

1. Put a pot of water on to boil. Place sliced zucchini in a large colander and set it in the sink. Cook ravioli according to package directions. Pour the ravioli and cooking liquid over the zucchini in the colander.
2. Meanwhile, mash garlic and salt together in a small bowl with a fork to form a coarse paste. Combine half-and-half and flour in another small bowl and place near the stove.
3. Heat butter in a large skillet over medium-high heat. Add shallot and the garlic paste and cook, stirring, until fragrant, about 1 minute. Add wine and cook, stirring, until almost completely evaporated, 2 to 3 minutes more. Add the flour mixture and cook, stirring, until the sauce is thickened, about 30 seconds. Gently stir in the ravioli and zucchini, basil and pepper. Divide among 4 plates. Top each portion with 1 tablespoon Parmesan.

Per serving: 351 calories; 11 g fat (6 g sat, 2 g mono); 53 mg cholesterol; 48 g carbohydrate; 0 g added sugars; 14 g protein; 2 g fiber; 541 mg sodium; 345 mg potassium. **Nutrition bonus:** Vitamin C (32% daily value), Calcium (28% dv).

Shopping List
Download a printable shopping list for this week of dinners at **eatingwell.com/go/shoppinglist**

ARE YOUR TEETH THE COLOR OF A MACCHIATO?

IF YOU'RE NOT WHITENING YOU'RE YELLOWING.

CREST 3D WHITE PROFESSIONAL EFFECTS WHITESTRIPS REMOVE OVER 10 YEARS OF STAINS.

In fact, they whiten 25x better than a leading whitening toothpaste*

www.3Dwhite.com

* Proctor & Gamble Inc., 2013 ORAL13825

Crest 3D WHITE

Roasted Chicken Drumsticks & Potatoes with Mojo Sauce

how how

45

Makes: 4 servings, 2 drumsticks, ½ cup potatoes each
Active time: 30 minutes
Total: 45 minutes
Cost per serving: under $2

Roasting chicken and potatoes right in the same pan is a great shortcut for a busy night. While they roast, whir up a tangy sauce for drizzling and dipping

- 8 chicken drumsticks (2½-3 pounds), skin removed (*see Tip, below*)
- 1 pound new or baby potatoes, scrubbed and left whole
- 2 tablespoons canola oil; divided
- 1 teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- ⅔ cup orange juice
- 3 tablespoons lime juice
- ¼ cup chopped fresh cilantro, divided
- 5 cloves garlic, chopped
- 1 teaspoon ground cumin
- 1 teaspoon onion powder
- ½ teaspoon dried oregano

1. Preheat oven to 475°F. Coat a large rimmed baking sheet with cooking spray.
2. Toss chicken and potatoes in a large bowl with 1 tablespoon oil, ½ teaspoon salt and ¼ teaspoon pepper; spread in a single layer on the prepared baking sheet. Bake, turning once halfway through, until an instant-read thermometer inserted into the thickest part of a drumstick without touching the bone registers 165°F, 30 to 35 minutes.
3. Meanwhile, combine orange juice, lime juice, 2 tablespoons cilantro, garlic, cumin, onion powder, oregano, the remaining 1 tablespoon oil, ½ teaspoon salt and ¼ teaspoon pepper in a blender or food processor. Puree until smooth. Transfer to a small saucepan, bring to a boil over medium-high. Reduce heat to maintain a lively simmer and cook until reduced to about ½ cup, 8 to 10 minutes.
4. Serve each portion of chicken and potatoes (halved if desired) with about 2 tablespoons sauce. Garnish with the remaining 2 tablespoons cilantro.

Per serving: 374 calories; 14 g fat (2 g sat, 7 g mono); 108 mg cholesterol; 26 g carbohydrate; 0 g added sugars; 36 g protein; 3 g fiber; 716 mg sodium; 930 mg potassium. **Nutrition bonus:** Vitamin C (59% daily value), Zinc (28% dv), Potassium (27% dv), Iron (17% dv), Magnesium (15% dv).

Schiff
SINCE 1936

For 75 years,
we've had your back.

And your heart

joints

bones

muscles

digestive tract

immune system

Schiff® has been nourishing life through nature and science for over 75 years. Learn more at **schiffvitamins.com**.

New look. Same great products.

THESE STATEMENTS HAVE NOT BEEN EVALUATED BY THE FOOD AND DRUG ADMINISTRATION. THESE PRODUCTS ARE NOT INTENDED TO DIAGNOSE, TREAT, CURE OR PREVENT ANY DISEASE.

© 2013 Schiff Nutrition Group, Inc. 711-81

Silk

THE 30-CALORIE ALMONDMILK ENJOYED BY

GUYS WHO RESCUE CATS and GIRLS ON YOGA MATS

Silk PureAlmond® Unsweetened. The taste big appetites crave.
With 50% more calcium* to help keep you standing strong.

Find recipes, coupons and more at

Silk

Bacon Chard Quesadillas

h•f

35

Makes: 4 servings, 2 quesadillas each
Active time: 35 minutes
Total: 35 minutes
Cost per serving: under $2

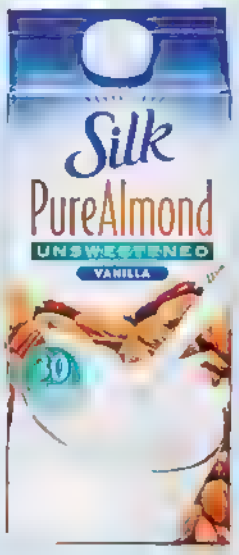
…n, earthy chard and … fill these f…

- 4 slices center-cut bacon, chopped
- 1 small red onion, halved and thinly sliced (about ¾ cup)
- 4 cups chopped chard leaves (from 1 bunch)
- ½ teaspoon freshly ground pepper
- 1 15-ounce can black beans, rinsed
- 8 6-inch whole-wheat tortillas
- 1 cup shredded Pepper Jack cheese

1. Cook bacon in a large nonstick skillet over medium-high heat, stirring often, until crisp, 2 to 3 minutes. Reduce heat to medium, add onion and cook, stirring, until softened, about 2 minutes. Add chard and pepper; cook, stirring, until wilted, 1 to 2 minutes. Add beans and coarsely mash; stir to combine. Remove from heat.
2. Place tortillas on a work surface. Spread a generous ¼ cup filling and 2 tablespoons cheese on half of each tortilla. Fold tortillas in half, pressing gently to flatten.
3. Wipe out the pan and return to medium heat. Add 4 quesadillas and cook, turning once, until golden on both sides, 2 to 4 minutes total. Transfer to a platter and tent with foil to keep warm. Reduce heat to medium-low and cook the remaining quesadillas.

Per serving: 348 calories; 12 g fat (6 g sat, 4 g mono); 32 mg cholesterol; 50 g carbohydrate; 0 g added sugars; 19 g protein; 9 g fiber; 700 mg sodium; 618 mg potassium. **Nutrition bonus:** Vitamin A (42% daily value), Calcium (28% dv), Iron (22% dv), Magnesium (20% dv), Folate & Potassium (18% dv), Zinc (17% dv), Vitamin C (15% dv).

SLIMMER than SKIM



Less than half the calories of skim milk.* Perfect for a new year, and a new you.

RETHINK WHAT YOU DRINK
Silk

Find coupons at f

…Reference …

Sausage & Peppers Baked Ziti

hot hvh

30

Makes: 4 servings, about 1½ cups each
Active time: 30 minutes
Total: 30 minutes
Cost per serving: under $2.50

This delicious stovetop version of baked ziti doesn't require any chopping. Using whole-wheat pasta adds fiber; opt for penne if whole-wheat ziti is hard to find

- ounces whole-wheat penne *or* ziti
- 1 16-ounce bag frozen pepper and onion mix (*not* thawed)
- 6 ounces turkey sausage (2 large links), crumbled
- 2 8-ounce cans no-salt-added tomato sauce
- 1 teaspoon garlic powder
- 1 teaspoon dried oregano
- ¼ teaspoon salt
- ½ cup reduced-fat cottage cheese
- ¾ cup Italian blend shredded cheese

1. Cook pasta in a pot of boiling water according to package directions. Drain.
2. Meanwhile, heat a large ovenproof skillet over medium high heat. Add frozen vegetables and sausage; cook, stirring occasionally, until most of the liquid from the vegetables has evaporated, 10 to 15 minutes.
3. Position rack in upper third of oven, preheat broiler.
4. Stir tomato sauce, garlic powder, oregano and salt into the skillet. Reduce heat to medium-low; stir in cottage cheese and the pasta. Cook, stirring, until heated through, about 2 minutes. Top with shredded cheese.
5. Place the skillet under the broiler to brown the cheese, 1 to 2 minutes.

Per serving: 430 calories; 10 g fat (4 g sat, 3 g mono); 48 mg cholesterol; 61 g carbohydrate; 0 g added sugars; 28 g protein; 11 g fiber; 708 mg sodium; 835 mg potassium. **Nutrition bonus:** Vitamin C (85% daily value), Vitamin A (44% dv), Magnesium (32% dv), Calcium (27% dv), Zinc (25% dv), Iron & Potassium (24% dv).

Asparagus & Ham Stuffed Potatoes

30

Makes: 4 servings, 1 potato each
Active time: 30 minutes
Total: 30 minutes
Cost per serving: under $3

Asparagus adds a touch of spring to these overstuffed twice-baked potatoes. Use another vegetable, such as broccoli, if you prefer. (Photograph page 29.)

- 4 medium russet potatoes (about 8 ounces each)
- ½ bunch asparagus, trimmed and cut into ½-inch pieces
- 1 cup diced ham
- ½ cup reduced-fat sour cream
- 1 cup shredded Swiss cheese, divided
- ½ cup chopped fresh chives, divided
- ¼ teaspoon salt
- ¼ teaspoon white *or* black pepper

1. Pierce potatoes all over with a fork. Microwave on Medium, turning once or twice, until soft, about 20 minutes.
2. Meanwhile, bring 2 inches of water to a boil in a large saucepan fitted with a steamer basket. Add asparagus, cover and steam until just tender, 2 to 3 minutes.
3. Combine the steamed asparagus with ham, sour cream, ½ cup Swiss cheese, 6 tablespoons chives, salt and pepper in a bowl. When the potatoes are cool enough to handle, cut off the top third, then gently scoop out the flesh; add to the bowl with the ham mixture and gently mash together.
4. Place the potato shells in a microwave-safe dish and evenly divide the ham mixture among them. (They will be very well stuffed.) Top each stuffed potato with 2 tablespoons of the remaining cheese. Microwave on High until the filling is hot and the cheese is melted, 2 to 4 minutes. Garnish with the remaining chives.

Per serving: 386 calories; 13 g fat (8 g sat, 4 g mono); 56 mg cholesterol; 45 g carbohydrate; 0 g added sugars; 23 g protein; 4 g fiber; 689 mg sodium; 1,196 mg potassium. **Nutrition bonus:** Potassium (34% daily value), Vitamin C (32% dv), Calcium (29% dv), Folate (22% dv), Zinc (21% dv), Magnesium (20% dv), Vitamin A (18% dv), Iron (17% dv).

LIVE UNITED
LIVE UNITED
DIFFERENT BY NATURE
UNITED BY MISSION
We come from different places. We come to different conclusions. But underneath it all, we share a passion for improving the human condition. When we LIVE UNITED, we create real, lasting change in the building blocks of life: the education, income and health of our communities, our families, even the person next to us. Real change won't happen without you. SIGN UP TODAY AT LIVEUNITED.ORG.
Ad Council
GIVE. ADVOCATE. VOLUNTEER.
LIVE UNITED
United Way

SANDWICH CENTRAL

Meet Barb. Thanks to her—and her fellow Plainville farmers—

That's because Plainville Farms

that our birds have been raised

Plainville Farms started.)

sliced bread

Scan here or visit our website for sandwich recipes.

Plainville FARMS

www.plainvillefarms.com

Not Just for **Guacamole**

Luscious and creamy, the avocado can add delectable richness and good-for-you fats to recipes from salads to shakes

Right now in California, groves of avocado trees hang heavy with fruit. Avocados are available year-round (mostly from Mexico and Chile), but March to September marks the height of the Hass avocado season in The Golden State, where more than 60,000 acres of the fruit grow. The pebble-skinned Hass makes up about 80 percent of the world market and nearly 95 percent of the California harvest. Rich in oil, the Hass has a melt-in-your-mouth, buttery texture that makes a dish divine.

Perhaps it's that silkiness that made the Aztecs such devotees of the avocado. Not only was it a staple food, but they believed it was an aphrodisiac. The fruit was considered so potent that Aztec maidens were kept inside during the harvest.

Maiden or not, it would be a shame to abstain. After all, avocados are good for you. Not only are they loaded with healthy monounsaturated fat, they're high in fiber and boast some potassium, magnesium and protein. And once you use them for more than that green dip, avocados just might surprise you: they add creaminess to a chocolate shake or salad dressing and broiled with a little cheese they're a tasty side. For traditionalists there's a new guacamole recipe, but this time try it stuffed in a roasted poblano pepper. ***—Gretel H. Schueller***

Good Fats: A whole avocado has 30 grams of fat, but two-thirds is healthy monounsaturated fat, which helps lower bad cholesterol and boost good cholesterol

Want the best tool for pitting avocados? **Turn to page 107.**

PHOTOGRAPHY BY HELEN NORMAN; FOOD STYLIST BILL SCEPANSKY

Chipotle-Cheddar Broiled Avocado Halves

h&f

30

Makes: 4 servings, ½ avocado each
Active time: 30 minutes
Total: 30 minutes

Try these zesty avocados topped with melty Cheddar cheese as a side dish with grilled chicken or steak. Chipotle chile peppers in adobo sauce are smoked jalapeños packed in a flavorful, spicy sauce. Look for the small cans with Mexican foods at large supermarkets. Once opened, they'll keep for up to 2 weeks in the refrigerator or 6 months in the freezer

- 2 ripe but firm avocados, halved and pitted, skin left on
- ¼ cup shredded extra-sharp Cheddar cheese
- 1 small chipotle chile in adobo, minced (about 1 teaspoon), or to taste
- 1 tablespoon lime juice, plus 4 wedges for serving
- Pinch of salt

1. Preheat broiler to High.
2. Place avocado halves on a baking sheet.
3. Thoroughly combine cheese, chipotle, lime juice and salt in a small bowl. Evenly divide the cheese mixture among the avocado halves. Broil 3 to 4 inches from the heat source until the cheese is bubbling and beginning to brown, 3 to 5 minutes. Serve warm with lime wedges.

Per serving: 191 calories; 17 g fat (4 g sat, 11 g mono); 7 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 4 g protein; 7 g fiber; 99 mg sodium; 499 mg potassium. **Nutrition bonus:** Folate (21% daily value), Vitamin C (19% dv).

Chocolate Avocado Shake

h&f

10

Makes: 2 servings, about 1¾ cups each
Active time: 10 minutes
Total: 10 minutes

This rich chocolate shake is dairy-free and forsakes ice cream, instead getting its creaminess from avocado. If you aren't avoiding dairy, you can use regular low-fat milk and any type of semisweet or bittersweet chocolate chips in place of the non dairy chips.

- 1 ripe avocado, halved and pitted
- 1½ cups vanilla almond milk *or* other nondairy vanilla milk
- 3 tablespoons unsweetened cocoa powder
- 3 tablespoons brown sugar *or* maple syrup, or to taste
- 2 tablespoons nondairy semisweet chocolate chips, melted (*see Tip, above*)
- 1 tablespoon vanilla extract, or to taste
- 12 ice cubes

Scoop avocado into a blender; add milk, cocoa, brown sugar (or maple syrup), melted chocolate and vanilla. Pulse and puree until smooth. Add ice and puree until thick and frosty.

Per serving: 381 calories; 23 g fat (6 g sat, 10 g mono); 0 mg cholesterol; 45 g carbohydrate; 27 g added sugars; 5 g protein; 11 g fiber; 154 mg sodium; 791 mg potassium. **Nutrition bonus:** Potassium (23% daily value), Folate & Magnesium (21% dv), Calcium (19% dv), Vitamin C (17% dv).

To melt chocolate: microwave Medium (50%) for 1 minute. Stir, then continue microwaving on Medium, stirring every 20 seconds, until melted.

RECIPE PHOTOGRAPHY BY ERICA ALLEN. FOOD STYLIST: HILARY MEYER WITH CAROLYN CASKER. PROP STYLIST: CLAUDIA VENCK.

Questioning gal here.

Answering pear here.

I love, love a perfect pear. How can I tell when you're ripe and juicy?

Simple. Check my neck, right next to my stem. If it feels soft, then I'm ripe and ready to eat.

Well, that's easy enough.

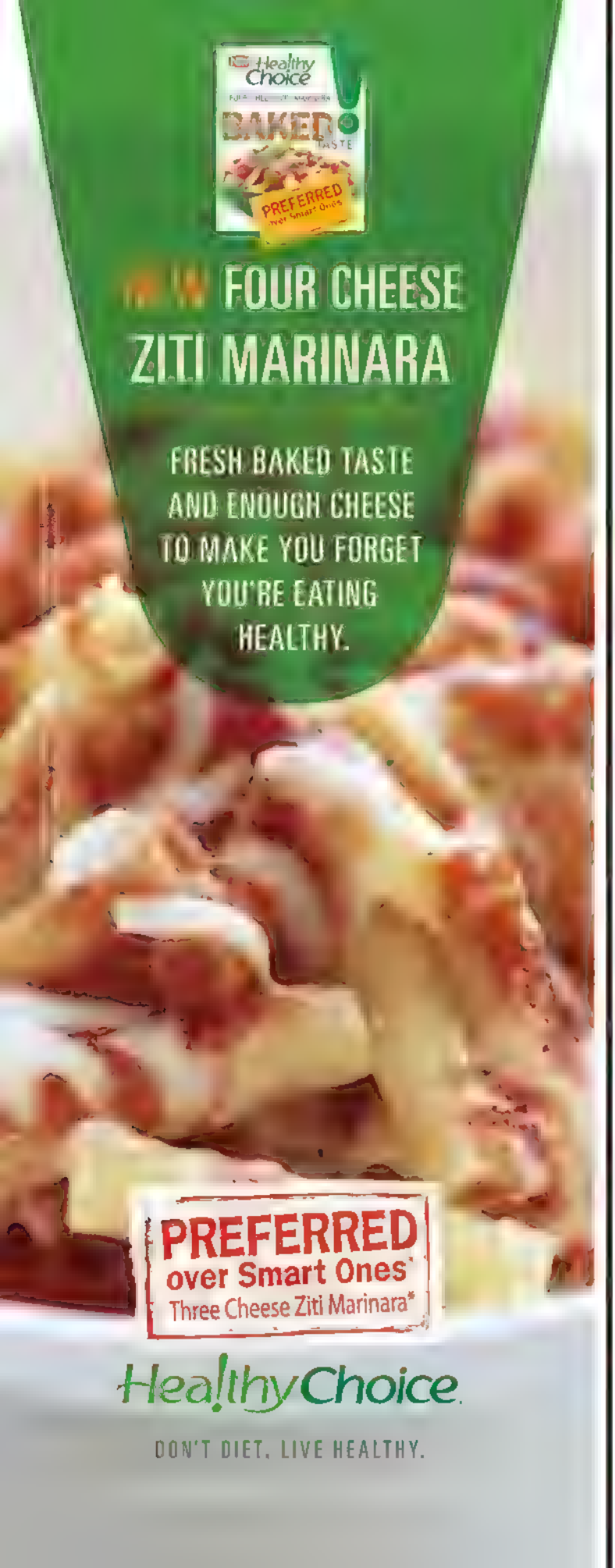
And so is this. Text PEAR to 47170 to see if you're an instant winner of a gift box of pears.

USA Pears

A most interesting fruit.

For recipes go to usapears.org

Standard messaging and data rates may apply. Offer valid while supplies last. See usapears.org/TextPear.aspx for terms and conditions.


Healthy Choice
BAKED TASTE
PREFERRED over Smart Ones
NEW FOUR CHEESE ZITI MARINARA
FRESH BAKED TASTE AND ENOUGH CHEESE TO MAKE YOU FORGET YOU'RE EATING HEALTHY.
PREFERRED over Smart Ones Three Cheese Ziti Marinara*
HealthyChoice
DON'T DIET. LIVE HEALTHY.

Guacamole-Stuffed Poblano Peppers

h•w h•f h•h

40

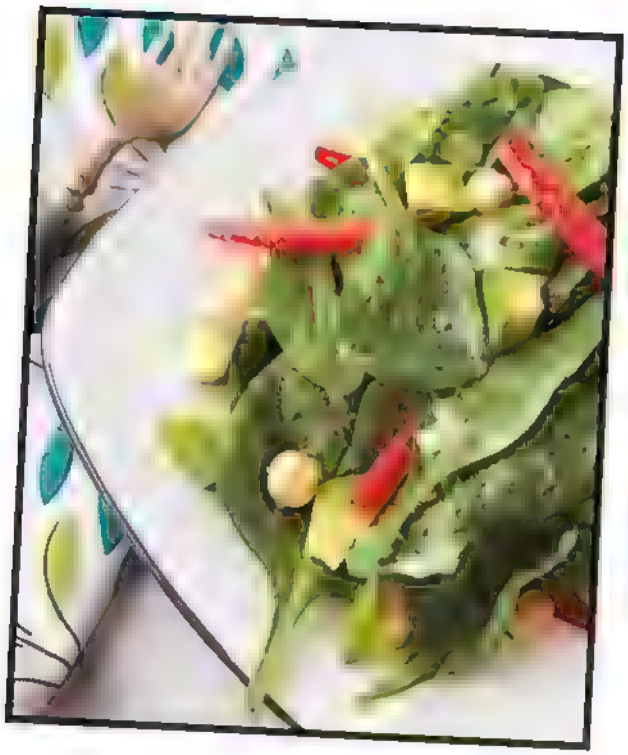
Makes: 4 servings, 1 pepper each
Active time: 40 minutes **Total:** 40 minutes
To make ahead: Prepare poblanos (Steps 1-2); cover and refrigerate in a single layer for up to 2 days.

These roasted poblano peppers are stuffed with guacamole and shredded lettuce. Serve as a light lunch or go all out and serve them as a side with tacos or enchiladas

- 5 small-to-medium poblano peppers
- 2 ripe avocados, halved and pitted
- ¼ cup chopped fresh cilantro
- 3 tablespoons finely chopped red onion
- ¼ teaspoon salt
- 1 cup thinly sliced hearts of romaine

1. Preheat broiler to High.
2. Place peppers on a large baking sheet. Broil 3 to 4 inches from the heat source, turning once or twice, until the skins blacken and blister, about 10 minutes total. Transfer to a large bowl, cover with a kitchen towel and let stand until cool enough to handle, about 10 minutes. Peel the peppers, leaving the stems attached
3. Meanwhile, scoop avocados into a medium bowl and coarsely mash. Add cilantro, onion and salt; stir to combine.
4. Stem and seed 1 pepper; chop. Stir into the avocado mixture. Make a lengthwise slit through one wall of each of the remaining 4 peppers and carefully remove the seeds. Divide romaine among the peppers, then fill with a generous ⅓ cup guacamole each.

Per serving: 185 calories; 15 g fat (2 g sat, 10 g mono); 0 mg cholesterol; 14 g carbohydrate; 0 g added sugars; 3 g protein; 9 g fiber; 157 mg sodium; 695 mg potassium.
Nutrition bonus: Vitamin C (143% daily value), Vitamin A (32% dv), Folate (27% dv), Potassium (20% dv).



Spinach Salad with Avocado-Ranch Dressing

h•w h•f h•h

20

Makes: 4 servings, about 1¾ cups each
Active time: 20 minutes **Total:** 20 minutes
To make ahead: Cover and refrigerate dressing (Step 1) for up to 1 day

This recipe uses one avocado two ways: half goes into a creamy ranch-style dressing and the other half tops the spinach salad.

- 1 ripe avocado, halved and pitted, divided
- ½ cup buttermilk
- 2 tablespoons chopped fresh dill or 2 teaspoons dried
- 1 tablespoon white vinegar
- ½ teaspoon garlic powder
- ¼ teaspoon salt
- ¼ teaspoon freshly ground pepper
- 1 5- to 6-ounce package baby spinach (about 8 cups)
- 1 medium red bell pepper, sliced
- 1 15-ounce can chickpeas, rinsed

1. Scoop 1 avocado half into a blender; add buttermilk, dill, vinegar, garlic powder, salt and pepper. Puree until smooth.
2. Cut the remaining avocado half into ½-inch chunks. Combine spinach, bell pepper and chickpeas in a large bowl. Add the dressing; toss to coat. Divide among 4 salad plates and top with the chopped avocado.

Per serving: 207 calories; 9 g fat (1 g sat, 5 g mono); 1 mg cholesterol; 27 g carbohydrate; 0 g added sugars; 7 g protein; 8 g fiber; 366 mg sodium; 696 mg potassium. **Nutrition bonus:** Vitamin C (95% daily value), Vitamin A (88% dv), Folate (45% dv), Potassium (20% dv), Magnesium (18% dv).

The Natural Way to Lose Weight

Almased®'s unique all-natural formula combines soy, yogurt and honey to improve the body's metabolism and burn fat

Now three little ingredients—soy, yogurt and honey—can help you get the most out of life. Almased® combines fermented soy, probiotic yogurt and enzyme-rich honey to create a holistic meal replacement that speeds up the metabolism, improves energy levels and helps burn fat while retaining muscle mass.

Whether used as a quick weight loss regimen or as a meal replacement to maintain healthy weight, Almased is an all-natural supplement that has been proven to help maintain overall good health. Research shows, even used once a day as a meal replacement, Almased is effective in actively supporting weight loss and a healthy blood pressure and insulin level while stimulating the fat-burning metabolism. When used as directed, Almased helps take off excess pounds, and keep them off in a natural and healthy way

While other dietary supplements often contain caffeine, ephedrine or other harmful stimulants, Almased blends only fermented soy, yogurt and honey, for a formula so safe that even people with diabetes can use it. Only Almased nourishes the body as it stimulates healthy, long-term weight loss.

25 Years of Scientific Research

Years ago, Hubertus Trouillé, a German ho stic therap st created a we ght loss supp ement us ng just three nour shing ingredients. high qua ity fermented soy, probiotic yogurt and enzyme-nch honey. The all-natura formula is non GMO g uten-free and contains no art ficial flavors fi ers, added sugars or preservatives Un ke other supplements that simply suppress appet te this patented formula increases the body's metabo sm, ma nta ns muscle mass and he ps the body burn fat more effectively. Since then, thousands of nutrit on-conscious consumers have made Almased part of the r hea thy l festyle.

*9 ways Almased® works in the body**

1. Nourishes the body with a un que formu a of fermented soy, yogurt and honey.
2. Speeds up the metabo sm and mproves energy evels
3. Burns body fat without reducing muscle mass
4. Reduces appetite by promoting a hea thy ghrel n level, the hormone which regulates hunger.
5. Supports blood sugar and thyroid function
6. Promotes a hea thy leptin level, which s linked to nsul n resistance and considered a cause of metabolic disorders, such as diabetes
7. Promotes a ba anced nsulin evel wh e st mulating fat reduction and nh biting storage of fat
8. Promotes hea thy cholestero and trigyceride evels.
9. Promotes healthy blood pressure.

Need help with your d et? Contact Silke at **nutritionist@almased.com** or ca l **1-877-256-2733** ext. 3. Silke Ullmann s a l censed, registered diet tian who provides nutritiona guidance for A mased.

These s [illegible] s have not been evaluated by the Food a d Drug Adm rat on. This product is not in ended to d agnose tre t e or prevent any d s As always, consult your doctor or he care team before beg nning any weight loss program or redu medications

My Bikini Plan
First Week
Breakfast, Lunch and Dinner
Second Week And Beyond
Breakfast
Lunch
Vegetables and salad with lean meat or fish (see recipe ideas online)
Dinner
8 tablespoons of Almased (50g) in water with 1 teaspoon of oil (flaxseed, walnut or olive), 1 teaspoon cinnamon or unsweetened cocoa powder, if desired
Enter source code FAA
Almased
Speeds Up and Improves Your Metabolism
Soy
+ Honey
Extremely Low Glycemic Load: 4
Low Glycemic Index: 27

...simply because it works

For more information about Almased®, call toll-free 1-877-ALMASED (1-877-256-2733) or visit www.almased.com. Look for Almased in health food, GNC and select Whole Foods Stores. You can also pick up your free Figure Plan Guide there, or download it from our website.

Catch of the Day

Try these four delicious foolproof recipes for fish

For a fast and healthy meal, look no further than your seafood counter. There you'll find a variety of delicious fish to choose from. Only about 22 percent of Americans eat the recommended two or more servings of seafood a week. We'd like that to change, since fish is an excellent source of protein with relatively low saturated fat. Plus fatty fish like salmon is loaded with mighty omega-3s, which may help prevent heart disease and depression. Baffled about what to buy? Ask for what's fresh. The answer may vary, but not to worry. These four recipes will work seamlessly with four of our favorite, easy to find, sustainable fish, so you can choose based on quality. And the flexibility doesn't end there. With these recipes you'll be roasting, poaching, grilling and steaming your fish to perfection—all in under 30 minutes. So grab what's fresh, take it home and get cooking. No matter what you choose, with these recipes you'll always end up with a great catch. —*Hilary Meyer*

Make a Sustainable Choice:

For up-to-date recommendations for sustainable choices, get the Monterey Bay Aquarium's Seafood Watch App on your smartphone or print the Seafood Watch Pocket Guide from *seafoodwatch.org*.

Use Your Senses:

The freshest fillets should look moist and firm without any discoloration or flaking and should smell mild—like the ocean.

When Fresh Means Frozen:

Don't shy away from "previously frozen" fish. Once thawed, it can be just as good as fresh. Use it within a day of purchase or look for vacuum-sealed fillets in the freezer. We like frozen fillets that have been caught in the U.S.—they're usually the highest quality and the most sustainable.

PHOTOGRAPHY BY PETER ARDITO; FOOD STYLIST: PATSY JAMIESON; PROP STYLIST: CLAUDIA VENON

Bob's Red Mill
To Your Good Health®
Gluten Free Muesli
In the late 1800s, Swiss doctor Maximilian Bircher-Benner invented muesli. He knew that good food is the best medicine, so he created a blend of hearty whole grains, fruit and nuts to nourish his patients. Now we've made muesli even better—just as tasty and nutritious, but without the gluten. Start your journey to wellness with a bowl of Bob's Red Mill® Gluten Free Muesli, available at your favorite grocery store.
MUESLI
Bob's Red Mill
CREAMY RICE
WHOLE GRAIN
ROLLED OATS

Grilled Mahi-Mahi & Asparagus with Lemon Butter

h*w h♥h

30

Makes: 4 servings, 3-4 oz. fish & 8-10 asparagus each
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $4.50

A firm fish like mahi-mahi is perfect for the grill. Toss asparagus right alongside the fish and dinner's ready in a flash.

- 1-1¼ pounds mahi-mahi, wild salmon, tuna or cod, skinned if desired, cut into 4 portions
- 2 bunches asparagus, trimmed
- Cooking spray, preferably canola oil
- ½ teaspoon salt plus a pinch, divided
- ¼ teaspoon freshly ground pepper
- ⅛ teaspoon garlic powder
- 2 tablespoons butter
- 2 tablespoons lemon juice

1. Preheat grill to medium-high.
2. Place fish and asparagus on a large rimmed baking sheet and coat both sides with cooking spray; sprinkle with ½ teaspoon salt, pepper and garlic powder.
3. Oil the grill rack (*see Tip, page 106*). Place the asparagus on one side, perpendicular to the grates; place the fish on the other side. Grill the fish, turning once, until opaque, 3 to 5 minutes per side (depending on thickness); grill the asparagus, turning occasionally, until lightly charred, 5 to 7 minutes.
4. Place butter, lemon juice and the pinch of salt in a small, microwave-safe bowl. Microwave on High to melt the butter, about 25 seconds. Drizzle each portion of fish and asparagus with about 1 tablespoon of the lemon butter.

Per serving: 189 calories; 8 g fat (4 g sat, 3 g mono); 98 mg cholesterol; 6 g carbohydrate; 0 g added sugars; 24 g protein; 2 g fiber; 444 mg sodium; 735 mg potassium.

Halve all the ingredients (using just a pinch of salt in the sauce) and prepare on a small baking sheet.

Breadcrumb-Crusted Cod

h*w h♥h

30

Makes: 4 servings, 3-4 oz. each
Active time: 15 minutes **Total:** 30 minutes
Cost per serving: under $3.50

A creamy spread of Greek yogurt and tarragon keeps the fish moist and flavorful and helps the crispy breadcrumb topping stay in place. We like the delicate flavor of cod in this recipe, but any firm fish fillet can be used in its place.

- ⅓ cup fine dry breadcrumbs, preferably whole-wheat
- 1 clove garlic, minced
- 2 tablespoons extra-virgin olive oil
- ¼ cup nonfat plain Greek yogurt
- ¼ cup low-fat mayonnaise
- 1 tablespoon lemon juice
- 1 tablespoon chopped fresh tarragon or 1 teaspoon dried
- ⅛ teaspoon salt
- 1-1¼ pounds cod, tuna, wild salmon or mahi-mahi, skinned if desired, cut into 4 portions
- 4 lemon wedges for serving

1. Preheat oven to 425°F. Coat a large baking sheet with cooking spray.
2. Combine breadcrumbs, garlic and oil in a small bowl. Combine yogurt, mayonnaise, lemon juice, tarragon and salt in another small bowl. Place fish on the prepared baking sheet. Spread 1 tablespoon of the yogurt sauce on each piece of fish, then pat 2 tablespoons of the breadcrumbs over it.
3. Bake the fish until opaque in the center and breadcrumbs are golden, about 15 minutes. Serve each portion with 1 tablespoon of the remaining sauce and a lemon wedge, if desired.

Per serving: 220 calories; 10 g fat (1 g sat, 6 g mono); 48 mg cholesterol; 13 g carbohydrate; 1 g added sugars; 18 g protein; 2 g fiber; 268 mg sodium; 243 mg potassium.

6 of the Healthiest Fish Find out about 6 of the healthiest fish and shellfish to eat, and 6 to avoid, at **eatingwell.com/go/fish**

Your dog shares the spirit of the wolf. And his love for meat.

High-protein BLUE Wilderness® is made with more of the chicken, duck or salmon dogs love

All dogs are descendants of the wolf, which means they share many similar traits—including a love for meat. That's why we created BLUE Wilderness.

Made with the finest natural ingredients, BLUE Wilderness is formulated with a higher concentration of the chicken, duck or salmon dogs love. And BLUE Wilderness contains none of the grains that contain gluten.

If you want your dog to enjoy a high-protein diet like his ancestors once did, there's nothing better than BLUE Wilderness.

WildernessPetFood.com

Love them like family. Feed them like family.®

Also available in Large Breed, Small Breed and Weight Control formulas.

Portion Control *Fish cooks faster if it's cut into portions first. To properly portion a whole fillet, cut it crosswise with a sharp knife into 4- to 5-ounce pieces.*

Mirin-Poached Salmon with Spring Salad

h☆w h♥h

30

Makes: 4 servings, 3-4 oz. fish & ¾ cup salad each
Active time: 30 minutes **Total:** 30 minutes
Cost per serving: under $4.50

Poaching fish with a little flavorful liquid may just be the easiest way to cook fish ever. Look for pea sprouts, also called "pea shoots," at farmers' markets and in well stocked supermarkets. Or use 1 more cup thinly sliced snap peas instead.

- ⅓ cup water
- 3 tablespoons mirin (*see Tip, page 106*)
- 3 tablespoons reduced-sodium soy sauce
- 1 tablespoon white vinegar
- 2 tablespoons fresh ginger matchsticks (*see Tip, page 106*)
- 1-1¼ pounds salmon, tuna, mahi-mahi or cod, skinned if desired, cut into 4 portions
- ¼ teaspoon salt
- 1 cup radish matchsticks
- 1 cup thinly sliced snap peas
- 1 cup pea sprouts

1. Combine water, mirin, soy sauce, vinegar and ginger in a large skillet. Bring to a boil over medium-high heat. Cook for 4 minutes. Add fish; sprinkle with salt. Cover, reduce heat to medium and cook, turning once, just until opaque in the center, 4 to 8 minutes (depending on thickness)
2. Meanwhile, combine radishes, snap peas and pea sprouts in a medium bowl. When the fish is done, pour the braising liquid into the bowl and toss to coat. Serve the salad on the fish.

Per serving: 216 calories; 4 g fat (1 g sat, 2 g mono); 53 mg cholesterol; 15 g carbohydrate; 0 g added sugars; 27 g protein; 2 g fiber; 620 mg sodium; 666 mg potassium. **Nutrition bonus:** Vitamin C (31% daily value), Potassium (19% dv), Folate (18% dv), Magnesium (15% dv).

Barilla
WE PUT IN WHOLE WHEAT, YOU GET OUT GREAT TASTE.
SURPRISINGLY DELICIOUS WHOLE GRAIN PASTA NEVER HAS SUCH AN EXCELLENT SOURCE OF FIBER MADE SUCH A GREAT MEAL
With Barilla Whole Grain Pasta you can have it all: the benefits of whole grains and surprisingly great taste. Isn't that just the balance you've been looking for.
Barilla
Whole Grain
THE CHOICE OF ITALY

Tuna & Bok Choy Packets

how how

30

Makes: 4 servings, 3-4 oz. fish & 2 pieces of bok choy each
Active time: 15 minutes **Total:** 30 minutes
Cost per serving: under $3

Steaming fish and vegetables together in one packet is a great way to keep the fish moist. If baby bok choy is not available, use 8 cups chopped mature bok choy in its place

- ¼ cup horseradish mustard
- ¼ cup finely chopped parsley, divided
- 2 tablespoons water
- ¼ teaspoon freshly ground pepper
- 2 baby bok choy, trimmed and quartered lengthwise
- 1 tablespoon extra-virgin olive oil
- 1-1¼ pounds tuna, wild salmon, mahi-mahi or cod, skinned if desired, cut into 4 portions

1. Preheat oven to 475°F.
2. Combine mustard, 3 tablespoons parsley, water and pepper in a small bowl. Toss bok choy, oil and 2 tablespoons of the mustard sauce in a large bowl.
3. Cut four 20-inch sheets of foil. Arrange 2 bok choy quarters in the center of each piece, top with a portion of fish and 1 tablespoon of the remaining sauce. Bring the short ends of foil together, fold over and pinch to seal. Pinch the side seams together to seal the packets and place on a large baking sheet.
4. Bake the packets until the fish is opaque in the center, about 15 minutes (depending on thickness). When opening a packet to check for doneness, be careful of the steam. Serve, sprinkled with the remaining 1 tablespoon parsley.

Per serving: 201 calories; 7 g fat (1 g sat, 3 g mono); 46 mg cholesterol; 5 g carbohydrate; 0 g added sugars; 30 g protein; 2 g fiber; 258 mg sodium; 1,008 mg potassium. **Nutrition bonus:** Vitamin A (114% daily value), Vitamin C (63% dv), Potassium (29% dv), Iron (18% dv), Folate (15% dv).

A HEALTHY BALANCE OF NUTRIENTS PLUS TASTE.

PROTEIN, FIBER AND OMEGA-3, COMBINED FOR A MORE BALANCED MEAL.

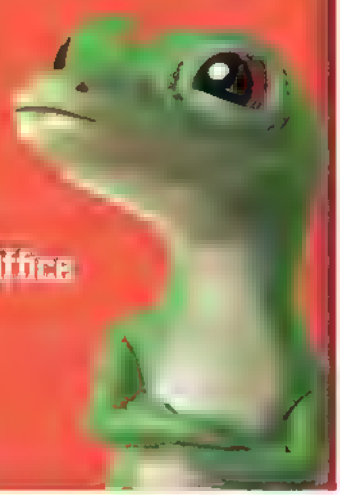
One box of Barilla Plus® provides the approximate nutritional equivalent of: the fiber in 35 leaves of Swiss chard, the omega-3 in 6 ounces of walnuts and the protein in 11 eggs.

BARILLA PLUS®. IT'S PASTA, PERFECTED™.

Barilla PLUS
THE CHOICE OF ITALY®

What's black, white, and red all over?

Your low GEICO quote with arrabbiata sauce.
See how easy it is to save money.



GEICO

geico.com | 1-800-947-AUTO (2886) | Local Office

Some discounts, coverages, payments and features are not available in all states or all GEICO companies. GEICO is not responsible for the content of this message. GEICO Insurance Agency, Inc., Washington, DC 20076. GEICO Gecko image © 1999-2013 GEICO.

A Must-Try Pal

Love bananas? Toffee? How about whipped cream? Then you've got to try banoffee pie, one of Great Britain's sweetest contributions to the confectionary world. No denying that it's irresistibly creamy, caramelly and sugary. But it's also usually quite a calorie bomb, so we've taken the classic and given it a little nip-'n'-tuck. The result: Our pie has half the calories, over 65 percent less saturated fat and 40 percent less sugar than a traditional version. Don't worry—it still delivers all the amazing taste of the original. **Recipe on page 56.**

Rather than a stick of **butter,** we use just 3 tablespoons. That's all this crust needs!
Feel free to pile on the potassium-rich **bananas.**
To avoid trans fats, make the crust with **graham crackers** without any partially hydrogenated vegetable oil.
For the filling we use half as much **sweetened condensed milk** (it's loaded with calories) and choose the nonfat kind to slash saturated fat.
The super-sweet toffee in this pie begs for the cool counterpoint of **whipped cream.** But you don't need a cream mountain atop your pie. A modest layer does the trick.

PHOTOGRAPHY BY ERICA ALLEN; FOOD STYLIST STACY FRASER WITH HILARY MEYER; PROP STYLIST CLAUDIA VENON

Goodness Gracious

Mediterranean Veggie Burgers

Find Once Again products at your local co-op or natural products store

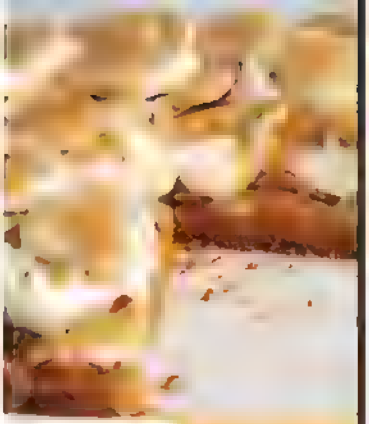
2 (15 oz.) cans low sodium garbanzo beans, drained
⅓ cup *Once Again Organic Tahini*
1 cup panko breadcrumbs
1 large egg
½ cup chopped frozen spinach, defrosted
½ cup sliced green onions
¼ cup chopped flat leaf cilantro
2 tbsp fresh lemon juice
2 tbsp olive oil
2 garlic cloves, peeled and minced
1 tsp ground cumin
½ tsp ground coriander
1½ tsp kosher salt
½ cup chopped roasted red peppers
½ cup crumbled feta cheese
¼ cup chopped black olives
Pan spray

vegetarian

Preheat the oven to 400°F. Place the garbanzo beans, tahini, breadcrumbs, egg, spinach, onions, cilantro, lemon juice, olive oil, garlic, cumin, coriander and salt in a food processor. Pulse until the garbanzo beans are mostly smooth. Do not over process—a few chunks are fine. Scoop the mix into a bowl and fold in the roasted red peppers, feta, and olives. Spray a cookie sheet well with the pan spray. Shape the mix into 6 equally sized patties, flattening slightly and place on the cookie sheet. Bake the burgers in the oven for 20 minutes. Use a spatula to flip the burgers and continue to cook for an additional 20 minutes, until golden brown. Serve on a toasted burger bun with lettuce, tomato, and tzatziki sauce if desired. May also be served with *Once Again Tahini-Lemon Dressing & Dipping Sauce*. Enjoy.

NUTRIENTS PER SERVING (6 servings): **CALORIES:** 329, **TOTAL FAT:** 18.5g, **SAT. FAT:** 3.7g, **CHOLESTEROL:** 42.0mg, **SODIUM:** 760mg, **CARBS:** 31g, **FIBER:** 8.1g, **SUGARS:** 7g, **PROTEIN:** 14.4g

At Once Again, we love what we do, and we think you'll love this veggie burger recipe! To learn more about us, visit our site and check us out on your favorite social media site.



Banoffee Pie

Makes: 8 servings
Active time: 35 minutes **Total:** 4 hours (including 1 hour chilling time)
To make ahead: Prepare through Step 5 and refrigerate for up to 1 day. Finish Steps 6-7 just before serving. **Equipment:** 9-inch tart pan with removable bottom

Crust
- 1 cup graham cracker crumbs (*see Tip, right*)
- 3 tablespoons butter, melted

Filling
- 1 14-ounce can nonfat sweetened condensed milk
- Pinch of salt
- 4 medium ripe but firm bananas, sliced, divided
- ⅛ cup heavy cream
- 1 teaspoon vanilla extract

1. **To prepare crust:** Preheat oven to 350°F. Coat a 9-inch tart pan (with removable bottom) with cooking spray.
2. Blend graham cracker crumbs and butter in a medium bowl with your fingers until well combined. Press the mixture into the bottom and halfway up the sides of the prepared pan. Bake until lightly browned, about 10 minutes. Cool on a wire rack.
3. **To prepare filling:** Increase oven temperature to 425°. Put a kettle of water on to boil.
4. Pour condensed milk into a glass or ceramic pie pan. Stir in salt. Tightly cover the pan with foil and place in a large roasting pan. Carefully pour 1 inch of boiling water into the roasting pan and place in the oven. Bake until the condensed milk is thickened, sticky and caramel in color, about 1¾ hours. Check about halfway through and add more boiling water if the level is low.
5. Reserve 2 tablespoons of the condensed-milk toffee in a small bowl. While it's still warm, dollop the remaining toffee onto the crust (it will be sticky and a little lumpy); gently spread to cover the bottom. Cover and refrigerate the reserved toffee and the pie until chilled, about 1 hour. (If making ahead, after 1 hour loosely cover and refrigerate for up to 1 day.)
6. Remove the pie from the refrigerator and arrange 3 of the sliced bananas over the toffee.
7. Beat cream in a bowl with an electric mixer on medium speed until soft peaks form. Add vanilla, beat until stiff. Spread the whipped cream over the pie, leaving a 1 inch border around the edge. Garnish with the remaining banana. Stir 1 teaspoon water into the reserved toffee until smooth and drizzle over the pie. Remove the pan sides before cutting. Serve immediately.

Per serving: 328 calories; 11 g fat (6 g sat, 3 g mono); 38 mg cholesterol; 53 g carbohydrate; 29 g added sugars; 6 g protein; 2 g fiber; 126 mg sodium; 708 mg potassium. **Nutrition bonus:** Potassium (21% daily value).

To make graham cracker crumbs, pulse graham crackers in a food processor or place in a large sealable plastic bag and crush with a rolling pin. (You'll need 6 to 7 whole graham crackers, depending on brand, to make 1 cup of crumbs.)

Rice for Every Occasion

GLUTEN-FREE

LUNDBERG

FAMILY FARMS SINCE 1937

SUSTAINABLE

Lundberg Rice.

Delicious, sustainable, quality rice collections. Now in an easy-to-use re-closable stand-up pouch

NON GMO Project VERIFIED

VEGAN

www.lundbergrice.com

Don't put away your crock pot yet. These fresh, healthy twists on classic recipes are so light and easy, you'll want to keep slow-cooking all spring.

Ready, Set, Slow

By Carolyn Malcoun
Photography by Carin Krasner

Slow cookers seem to have a season. They're used all fall and winter like a favorite down jacket, then tucked away once the crocuses start pushing up through the ground. But the best part about the slow cooker is that it's convenient. And, surely, convenience has no season. Why pack it away just because it's T-shirt weather?

I vowed not to do that to my favorite small appliance this year, so I had to rethink what I cooked in it. I wanted lighter dishes. I also decided to skip precooking and browning ingredients before they go into the cooker. While these steps help develop layers of flavor, I'm a work-at-home-mom with a 10-month-old baby—I don't have time for that. I just want to load up my slow cooker, press "Start" and forget it.

So I designed these recipes with two goals in mind: keep it springy and keep it load-and-go easy. But don't worry, none of these recipes skimp on flavor. Fresh herbs and seasonings more than make up for what's lost by skipping the browning. Chicken soup transforms into Vietnamese *pho* with whole cloves and star anise plus lots of fresh herbs at the end. Pulled pork soaks up coconut milk, curry paste and lime; a pinto bean stew is topped with cornbread dumplings and sprinkled with fresh cilantro and crunchy bits of radish. Don't pack away your slow cooker just yet—a new season is just getting started.

The fragrant combination of star anise, cloves and ginger is alluring.

Chicken Pho

h♥h

Makes: 6 servings, about 2 cups each
Active time: 30 minutes
Slow-cooker time: 4½ or 8½ hours
To prep ahead: Combine seasonings with broth; prep chicken; cover and refrigerate separately for up to 1 day.
Equipment: 5- to 6-quart slow cooker
Cost per serving: under $5.50

One of the best parts about this Vietnamese soup is the aroma you're met with after it's been simmering all day. The fragrant combination of star anise, cloves and ginger is alluring. Serve with the essential garnishes for pho—fresh herbs, bean sprouts, chiles and lime—and let everyone top their own soup. Pass chile-garlic sauce for more heat.

- 8 cups low-sodium chicken broth (two 32-ounce boxes)
- 2 tablespoons light brown sugar
- 2 tablespoons fish sauce
- 10 whole star anise (*see Tip, page 107*)
- 6 whole cloves
- 1 2-inch piece fresh ginger, peeled and thinly sliced
- 1 cinnamon stick
- 2 bone-in chicken breasts (about 2½ pounds total), skin removed, trimmed
- 6 ounces wide rice noodles
- 6 cups chopped bok choy
- 2 cups mung bean sprouts
- 2 cups fresh basil leaves
- 1 cup fresh mint leaves
- 1 cup fresh cilantro leaves
- 1 fresh Thai chile or serrano, thinly sliced
- 1 lime, cut into 6 wedges

1. Combine broth, brown sugar, fish sauce, star anise, cloves, ginger and cinnamon stick in a 5- to 6-quart slow cooker. Add chicken breasts, meat-side down. Cover and cook on High for 4 hours (or on Low for 8 hours).
2. Transfer the chicken to a cutting board. Remove spices and discard. Add noodles and bok choy to the slow cooker. Cover and cook on High for 30 minutes.
3. Remove the chicken from the bone and shred with two forks. When the noodles are tender, stir in the shredded chicken. Serve bowls of soup with bean sprouts, basil, mint, cilantro, sliced chile and lime wedges on the side so everyone can add their own toppings.

Per serving: 362 calories; 6 g fat (2 g sat, 2 g mono); 75 mg cholesterol; 40 g carbohydrate; 4 g added sugars; 39 g protein; 3 g fiber; 645 mg sodium; 998 mg potassium. **Nutrition bonus:** Vitamin A (92% daily value), Vitamin C (80% dv), Iron (30% dv), Potassium (29% dv), Folate (21% dv), Magnesium (18% dv), Calcium (17% dv).

Turkey Stroganoff

h♥w h♥f h♥h

Makes: 6 servings, 1⅓ cups stew & 1 cup noodles each
Active time: 30 minutes
Slow-cooker time: 4¼ or 8¼ hours
To prep ahead: Prep vegetables and turkey; cover and refrigerate separately for up to 1 day
Equipment: 5- to 6-quart slow cooker
Cost per serving: under $4

A split turkey breast is a terrific cut to use in a slow cooker because it stays moist. Here it's cooked with lots of mushrooms and carrots, then pulled off the bone, chopped and stirred back into a creamy sauce. If you can't find a split turkey breast, try this recipe with bone-in chicken breasts. Serve it as we do here, over whole-wheat egg noodles, or on mashed potatoes or even thick slices of toasted whole-grain country bread.

- 8 cups sliced mixed mushrooms (about 20 ounces)
- 3 medium carrots, sliced
- 1 small onion, finely chopped
- 1 3- to 4-pound split turkey breast, skin removed, trimmed
- 1 cup reduced-fat sour cream
- ⅓ cup all-purpose flour
- ¼ cup dry sherry (*see Tip, page 107*)
- 1 cup frozen peas, thawed
- 1 teaspoon salt
- ½ teaspoon freshly ground pepper
- 8 ounces whole-wheat egg noodles (6 cups dry), cooked
- ¼ cup finely chopped flat-leaf parsley

1. Combine mushrooms, carrots and onion in a 5- to 6-quart slow cooker. Add turkey, meat-side down. Cover and cook on High for 4 hours (or on Low for 8 hours).
2. Transfer the turkey to a cutting board.
3. Whisk sour cream, flour and sherry in a bowl. Stir into the slow cooker along with peas, salt and pepper. Cover and cook on High until thickened, about 15 minutes.
4. Remove the turkey from the bone and cut into bite-size pieces; cover to keep warm. When the sauce is done, gently stir in the turkey. Serve over noodles, sprinkled with parsley.

Per serving: 437 calories; 6 g fat (3 g sat, 2 g mono); 110 mg cholesterol; 43 g carbohydrate; 0 g added sugars; 46 g protein; 7 g fiber; 526 mg sodium; 865 mg potassium. **Nutrition bonus:** Vitamin A (118% daily value), Potassium (25% dv), Vitamin C (21% dv), Zinc (20% dv), Iron (18% dv), Folate (16% dv), Magnesium (15% dv).

FOOD STYLIST: KAREN GILLINGHAM PROP STYLIST: JENNIFER BARGUIARENA

Prep Ahead

If you want to start your slow cooker in the morning before heading out the door, get your ingredients ready the night before. Refrigerate meat, vegetables and liquids in separate containers, not in the slow-cooker insert. Starting with a cold insert keeps food from heating quickly. Place a food-safe

Pinto bean stew is topped with cornbread dumplings and sprinkled with fresh cilantro and crunchy bits of radish.

Pinto Bean Stew with Jalapeño-Corn Dumplings

h×w h·f h∨h

Makes: 8 servings, about 1¼ cups stew & 1 dumpling each
Active time: 30 minutes (plus bean soaking time)
Slow-cooker time: 5 or 9 hours
To prep ahead: Soak beans; prep vegetables, cover and refrigerate for up to 1 day; measure seasonings.
Equipment: 5- to 6-quart slow cooker
Cost per serving: under $1

This pinto bean stew is bursting with veggies—onion, bell pepper, celery and corn—and topped with chile- and lime-flecked cornbread dumplings. If you're pressed for time, skip the dumplings and serve it topped with crushed tortilla chips and a sprinkling of Monterey Jack cheese.

- 1 pound dry pinto beans, soaked (*see Tip, right*)
- 6 cups water
- 1 medium onion, chopped
- 1 medium red bell pepper, diced
- 2 stalks celery, sliced
- 1 cup frozen corn, thawed
- 2 cloves garlic, minced
- 2 tablespoons chili powder
- 2 teaspoons ground cumin
- 2 tablespoons lime juice
- 1½ teaspoons salt

Dumplings

- ½ cup all-purpose flour
- ½ cup cornmeal, preferably whole-grain
- ½ teaspoon baking powder
- ¼ teaspoon salt
- 2 tablespoons cold butter, cut into cubes
- 1 fresh jalapeño, finely chopped
- Zest of 1 lime
- ½ cup buttermilk

Garnish

- ½ cup chopped fresh cilantro
- ½ cup sliced radishes

1. Drain the soaked beans. Combine the beans, water, onion, bell pepper, celery, corn, garlic, chili powder and cumin in a 5- to 6-quart slow cooker. Cook on High for 4 hours (or on Low for 8 hours).
2. **To prepare dumplings:** Just before the end of the 4 (or 8) hours, whisk flour, cornmeal, baking powder and salt in a medium bowl. Add butter and use a pastry blender, two knives or a fork to cut the butter into the dry ingredients until the mixture resembles coarse meal. Add jalapeño and lime zest and toss to coat. Add buttermilk and stir to form a dough.
3. After the stew has cooked for 4 (or 8) hours, stir in lime juice and salt. Using generous tablespoonfuls of dough, drop 8 dumplings on top of the stew. Cover and cook on High for 1 hour. Serve each portion of stew topped with a dumpling. Garnish with cilantro and radish.

Per serving: 317 calories; 5 g fat (2 g sat, 1 g mono); 8 mg cholesterol; 56 g carbohydrate; 0 g added sugars; 15 g protein; 15 g fiber; 609 mg sodium; 814 mg potassium. **Nutrition bonus:** Folate (67% daily value), Vitamin C (45% dv), Vitamin A (26% dv), Iron, Magnesium & Potassium (24% dv)

Soak Your Beans

Before using beans in a slow-cooker recipe, soak them to ensure even cooking.

- Start by sorting beans to remove any pebbles; rinse well with cold water.

To soak overnight: Place beans in a large bowl, cover with 3 inches of cold water and soak at room temperature for 8 to 24 hours.

To "quick soak": Place beans in a large saucepan with enough cold water to cover them by 2 inches. Bring to a boil. Boil for 2 minutes. Remove from the heat, cover and let stand for 1 hour.

Free Slow-Cooker Cookbook
Get a free mini cookbook of *EatingWell* slow-cooker recipes customized to match your slow-cooking style at **eatingwell.com/go/slowcooker**

Win a Slow Cooker

Every day from March 25–31 you'll have the chance to win a new slow cooker to help you make all these delicious recipes. To enter the sweepstakes, go to *eatingwell.com/winslowcooker* (see page 106 for details)

Lamb Stew with Artichokes & White Beans

h*w h*f h♥h

Makes: 6 servings, 1½ cups each
Active time: 30 minutes (plus bean-soaking time)
Slow-cooker time: 4 hours 10 minutes or 8 hours 10 minutes
To prep ahead: Soak beans; prep lamb and vegetables; cover and refrigerate separately for up to 1 day.
Equipment: 5- to 6-quart slow cooker
Cost per serving: under $4.50

Fresh dill, lemon, escarole and artichokes give this lamb stew a decidedly springtime feel. Instead of white beans, try adding frozen lima beans at the end.

- 1 cup dry small white beans *or* navy beans, soaked (*see Tip, page 63*)
- 2 pounds boneless leg of lamb, trimmed and cubed (1-inch)
- 4 cups reduced-sodium beef broth
- 8 shallots, ends trimmed and peeled, but left whole
- 4 cloves garlic, sliced
- 8 cups chopped escarole
- 1 15-ounce can artichokes, drained and quartered
- Zest and juice of 1 lemon
- ½ teaspoon pepper
- ¼ teaspoon salt
- ¼ cup chopped fresh dill

1. Drain the soaked beans. Combine the beans, lamb, broth, shallots and garlic in a 5- to 6 quart slow cooker. Cook on High for 4 hours (or on Low for 8 hours).
2. Add escarole, artichokes, lemon zest and lemon juice, pepper and salt to the slow cooker. Cover and cook on High until the escarole is wilted, about 10 minutes. Serve the stew sprinkled with dill.

Per serving: 373 calories; 7 g fat (3 g sat, 3 g mono); 91 mg cholesterol; 37 g carbohydrate; 0 g added sugars; 40 g protein; 9 g fiber; 747 mg sodium; 1,302 mg potassium. **Nutrition bonus:** Folate (53% daily value), Zinc (47% dv), Vitamin A (42% dv), Iron & Potassium (37% dv), Vitamin C (32% dv), Magnesium (27% dv).

Our products are sweet.

Knowing where we come from makes us sweeter.

When you sweeten with Florida Crystals,® you know it's something good.

We grow.
We harvest.
We conserve.
We sustain.
You enjoy.

Learn about our sustainability and conservation efforts that start at our farm and continue in your kitchen. We're more than Sweet, and together, we do good.

FLORIDA CRYSTALS®

Earth Friendly, Uniquely Delicious

floridacrystals.com

©2013 Domino Foods, Inc.

Orange-Scented Pot Roast with Olives

h*w h♥h

Makes: 8 servings, 3-4 oz. meat & 1 cup vegetables each
Active time: 30 minutes
Slow-cooker time: 4 or 8 hours
To prep ahead: Prep vegetables; combine tomatoes, zest, juice, garlic and bay leaves; trim beef; cover and refrigerate separately for up to 1 day
Equipment: 5- to 6-quart slow cooker
Cost per serving: under $2.50

Zesty orange and fragrant bay leaves flavor this saucy pot roast. Stir in the olives at the end so they don't lose their brininess as the dish cooks. Serve with a green salad tossed with lemon vinaigrette.

- 1 pound new potatoes or small peeled turnips
- 8 medium carrots, cut into 2-inch pieces
- 1 large onion, sliced
- 1 15-ounce can stewed tomatoes, drained
- Zest and juice of 1 orange
- 4 cloves garlic, sliced
- 3 bay leaves
- 3½ pounds beef chuck roast, trimmed
- 1¼ teaspoons salt, divided
- ½ teaspoon freshly ground pepper
- ½ cup pitted Kalamata olives

1. Combine potatoes (or turnips), carrots, onion, tomatoes, orange zest and juice, garlic and bay leaves in a 5- to 6-quart slow cooker. Put beef on top and sprinkle with ½ teaspoon each and pepper. Cover and cook on High for 4 hours (or on Low for 8 hours).
2. Transfer the meat to a cutting board. Remove vegetables to a medium bowl with a slotted spoon. Skim any fat from the cooking liquid, then stir in olives and the remaining ¾ teaspoon salt. Slice the meat and serve with the vegetables and the sauce.

Per serving: 343 calories; 10 g fat (3 g sat, 5 g mono); 108 mg cholesterol, 24 g carbohydrate; 0 g added sugars; 38 g protein; 4 g fiber; 689 mg sodium; 806 mg potassium. **Nutrition bonus:** Vitamin A (206% daily value), Zinc (61% dv), Vitamin C (33% dv), Iron & Potassium (23% dv).

Don't Peek

Sure, we're at tempted, but resist the urge to open the lid and ook nside. Every time you open the slow cooker it loses heat and takes up to 30 minutes to return to temperature, significant y engthening the cooking time.

NATURE'S BOUNTY

OPTIMAL SOLUTIONS®

Beauty starts on the inside.™

Discover the optimal solution to fit your needs.

*These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

**Adequate Calcium as part of a healthful diet along with physical activity, may reduce the risk of osteoporosis in later life

†Through time of expiration.

‡Per serving.

© 2012 Nature's Bounty, Inc. 12-NB-12559a

www.naturesbounty.com/optimalsolutions

Red Curry Pulled-Pork Sandwiches

h*w h¤f h¥h

Makes: 10 servings, ½ cup pork & ¼ cup slaw per sandwich
Active time: 40 minutes
Slow-cooker time: 4 or 8 hours
To prep ahead: Combine sauce ingredients; trim pork; make slaw; cover and refrigerate separately for up to 1 day.
Equipment: 4- to 6-quart slow cooker
Cost per serving: under $2

Thai flavors—curry paste, fish sauce, lime and coconut milk—and a cabbage and cilantro slaw update the pulled pork sandwich. A smaller slow cooker (such as a 4 quart) is ideal for this recipe. Look for red curry paste in jars in the Asian section of the supermarket.

- ¼ cup packed light brown sugar
- ¼ cup lime juice
- ¼ cup Thai red curry paste, divided
- 1½ tablespoons fish sauce
- 3-3½ pounds boneless pork shoulder or Boston butt, trimmed
- 10 20-inch whole-grain baguettes or 10 whole-wheat buns
- ¼ cup "lite" coconut milk
- Zest of 1 lime

Slaw

- 2 cups thinly sliced napa cabbage
- 1 cup shredded carrot
- ¼ cup chopped fresh cilantro
- 2 tablespoons plus 2 teaspoons lime juice
- 4 teaspoons canola oil
- Pinch of salt

1. Whisk brown sugar, ¼ cup lime juice, 3 tablespoons curry paste and fish sauce in a 4- to 6-quart slow cooker. Add pork and turn to coat. Cover and cook on High for 4 hours (or on Low for 8 hours)
2. Transfer the pork to a cutting board. Pour the cooking liquid into a large glass measuring cup and place in the freezer until the fat rises to the top, about 10 minutes.
3. **To prepare slaw:** Combine cabbage, carrot, cilantro, lime juice, oil and salt in a medium bowl.
4. If using baguettes, cut each into 5 pieces (about 4 inches each). Toast or heat baguettes (or buns), if desired. Shred the pork using two forks. Skim the fat from the chilled liquid. Return the pork and liquid to the slow cooker; add coconut milk, lime zest and remaining 1 tablespoon curry paste and stir to combine. Serve the pork on baguette (or buns) topped with the slaw

Per serving: 456 calories; 19 g fat (6 g sat, 8 g mono); 83 mg cholesterol; 47 g carbohydrate; 7 g added sugars; 31 g protein; 7 g fiber; 696 mg sodium; 316 mg potassium. **Nutrition bonus:** Vitamin A (42% daily value), Zinc (28% dv), Vitamin C (16% dv).

Do the Math

Follow these tips when you multiply or divide slow-cooker recipes:

- Don't overfill. The cooker should be no more full than the manufacturer suggests (for many that is ¾ full).
- Use enough liquid for veggies that exude liquid, such as mushrooms or tomatoes. Most cookers need ½ cup liquid to work properly.

Bard Valley

NATURAL DELIGHTS

FRESH MEDJOOL DATES

TASTE ENERGY
THE WAY NATURE INTENDED

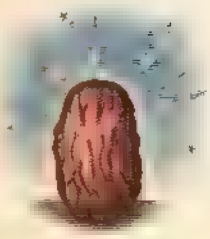
It's nature's perfect treat. And whether you're fueling up for work or the kid's softball practice, Natural Delights Medjool dates are still the naturally sweet energy source.

ENJOY THE ORIGINAL HEALTHY SNACK

From the classic Medjool date to a sumptuous date roll with coconut, almond or pistachio, the perfect fruit brings perfect taste. Honey-sweet, satisfyingly chewy, the Medjool date is also much more than taste-bud deep.

POLYPHENOL PACKED

Studies show that these powerful compounds help combat free radicals and extend life. There's no better source for polyphenols than Natural Delights, the #1 brand of Medjool dates.*



SUSTAINED ENERGY

A source of fiber, Natural Delights Medjool dates rate low-medium on the Glycemic Index, meaning you'll feel fuller longer and enjoy sustained energy without the sugar crash.

POST-WORKOUT POTASSIUM PICK-ME-UP

A good source of potassium, Medjool dates help reduce lactic acid buildup that causes sore muscles after a hard workout. Meaning tomorrow, you can go even harder.

COUPON

MANUFACTURER'S COUPON - EXPIRES 6 30 2013

0097923-131136

$1.00 OFF

Any package of Bard Valley Natural Delights Medjool dates.

Learn more about the world's original and still most perfect treat at **naturaldelights.com**

Rediscovering

For centuries it was known as "the mother grain," for the sustenance it provided in the harsh climate of the high Andes. Now North Americans are embracing quinoa for its taste, versatility, nutrition and convenience.

Quinoa

By MATT THOMPSON

We eat lunch in the fields, potluck-style. Each worker pours his or her contribution into a heap on a crinkled tarp and soon the earthy scents of steamed potatoes, roasted corn, hard boiled eggs and llama jerky fill the air. A brightly clad *cholita*—a traditionally dressed Bolivian woman in a striped shawl and bowler hat—spoons up lamb stew with yellow chili powder, the rest of us line up with chipped plates.

We are just outside of Quillacas, Bolivia, a village of adobe and corrugated tin high in the dust-blown Altiplano, a desert nestled above 12,000 feet in the Andes Mountains. In the distance, peaks worshipped by the Incans shimmer in the thin air. The sky is powder blue and the sunlight shattering.

Acres of furrowed fields with pale green quinoa seedlings pushing up from the bottom of each cleft surround us. Sure, all the foods in front of us look great, but no meal on Bolivia's high plains is complete without quinoa (say: KEEN-wah). For over 5,000 years, this whole grain (actually a pseudo-grain, because it's cooked like grain but is the seed of a beet relative) has been a staple of local diets. Bolivia and Peru account for 90 percent of world quinoa production. Bolivia alone produced almost 44,000 metric tons in 2012. And quinoa is perfectly suited to this country—it thrives in the

Recipes by PATRICIA GREEN & CAROLYN HEMMING
Location photography by VITALIY PROKOPETS
Food photography by ANDREW SCRIVANI

high altitude, arid conditions and infertile land.

The quinoa we eat for lunch is prepared in the traditional style: the raw grain is beaten in soapstone bowls, toasted over an open flame, rinsed and then simmered until tender. When I shovel in a bite, it has a gentle, popping texture and a subtle flavor that hints at toasted sesame or fresh-baked bread.

These days one hardly has to travel to enjoy quinoa. Since 1999, production has grown by about 50 percent in Bolivia, fueled by its growing popularity in the United States and Europe. Market analyst Harry Balzer of the NPD Group puts it this way: "We in America are explorers with diet. We love to try new things. Ultimately, whether something remains in our diet comes back to a few questions, and one of them is 'Did it make my life easier?'" Quinoa fits that bill. "It's the quickest-cooking whole grain," Cynthia Harriman of the Whole Grain Council points out. And it tastes good. "No one wants to cook dinner for two hours and chew it for another two. Quinoa, which takes just 15 to 20 minutes to cook, fits in with people's busy lifestyle." It doesn't hurt that it's also gluten-free and much of it is Fair Trade and organic.

But quinoa is more than just another trendy option for the kombucha-and-wheatgrass set; it boasts impressive nutrition benefits. Along with offering a good dose of fiber and iron, it's one of the few plants that delivers a complete protein—meaning it has all nine essential amino acids in a healthy balance. That's why it's a favorite among vegans and one of the reasons NASA scientists recommended it as an ideal food for long-term human space missions. Quinoa's

Quinoa Peanut Soup (*Sopa de Mani*)

h×w h↑f h♥h

Makes: 8 servings, about 1 cup each
Active time: 30 minutes
Total: 50 minutes

This spicy vegetable, quinoa and peanut soup is a modern take on a traditional Bolivian soup called Sopa de Mani. *Serve as a starter or make it a heartier meal with the addition of diced cooked chicken or turkey breast.*

- 2 teaspoons canola oil
- ¾ cup chopped onion
- 2 cloves garlic, minced
- 1 cup sliced carrots
- 1 cup diced potatoes
- ½ cup quinoa
- 4 cups vegetable broth *or* reduced-sodium chicken broth
- 2 cups water
- ½ cup chopped red bell pepper
- ¼ cup natural peanut butter
- 1 tablespoon chopped fresh parsley
- 1 tablespoon hot sauce, such as Tabasco
- Freshly ground pepper to taste

1. Heat oil in a large saucepan over medium heat. Stir in onion and cook, stirring, until softened, 4 to 5 minutes. Stir in garlic and cook for 30 seconds. Stir in carrots, potatoes and quinoa, then add broth and water. Bring to a boil over high heat.
2. Reduce heat to maintain a simmer, cover and cook until the quinoa is cooked and the vegetables are tender, about 18 minutes. Stir in red pepper and cook, stirring, for about 3 minutes more. Stir in peanut butter until it is combined into the broth. Remove from heat. Stir in parsley, hot sauce and pepper.

Per serving: 143 calories; 6 g fat (1 g sat, 3 g mono); 0 mg cholesterol; 18 g carbohydrate; 0 g added sugars; 5 g protein; 3 g fiber; 365 mg sodium; 268 mg potassium. **Nutrition bonus:** Vitamin A (67% daily value), Vitamin C (27% dv).

FOOD STYLIST: FLORA KAY; PROP STYLIST: SOO JEONG KANG

of most meals
for everyone
from kids to
for breakfast, in
drinks, as a side
and in soups.

been on researchers' radar for decades—a 1955 scientific article noted, "There are few commonly used vegetable foods other than beans and peas that have a higher protein content."

Given its potent nutrition profile, it's no wonder that quinoa was so important to the people of the Andes—in Quechua, the native Incan tongue, it's known as *chisiya mama*, or mother of all grains. For Incans quinoa was a basic staple along with potatoes and maize, but it was also sacred, central to numerous religious ceremonies. In fact, after Spanish conquistadors arrived in the 1530s they razed the quinoa fields and banned it in an attempt to stamp out indigenous culture. But quinoa survived in pockets. And it has remained a part of the diet of people living in the rural Andes, used for everything from baked goods to soups and even drinks.

With increasing demand for quinoa from abroad have come new concerns. The price of the crop has risen, which as *The New York Times* reported in March 2011 has put it financially out of reach for some Bolivians. Violent squabbles have broken out between towns over quinoa planting grounds. But there is an upside—rural Bolivians have a new-found source of income right in their communities.

In Challapata, a town at the edge of quinoa country in western Bolivia, I sit in a small room with seven wind-beaten men, wearing gray sweaters over collared shirts, to talk about how America's new love affair with quinoa has impacted this region. On the walls hang strings of paper flowers and auto-parts calendars emblazoned with scantily clad women. Outside, the insistent wind of the plains mutters at the window. I'm meeting with senior members of ANAPQUI, an Indian farming cooperative that helps set quinoa prices for the region.

"During the 1980s," ANAPQUI president Juan Ernesto Crispin says, "100 pounds of quinoa couldn't buy a T-shirt." He rattles off a blizzard of numbers, the upshot being this: quinoa is worth 10 times now what it was 30 years ago. That's not a past that farmers are interested in going back to. His

Almond Butter-Quinoa Blondies

how

Makes: 24 blondies
Active time: 10 minutes **Total:** 1 hour
To make ahead: Store airtight in the refrigerator for up to 5 days.

People won't even notice that these chocolaty blondies are gluten-free. They use quinoa flour, which you can find in natural foods markets. To make your own quinoa flour, grind raw quinoa into a powder in a clean coffee grinder (Adapted from *Quinoa Revolution* by Patricia Green and Carolyn Hemming)

- ¼ cup unsalted butter, softened
- ¾ cup smooth *or* crunchy natural almond butter
- 2 large eggs
- ¾ cup packed light brown sugar
- 1 teaspoon vanilla extract
- ¾ cup quinoa flour (*see above*)
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 cup semisweet chocolate chips

1. Preheat oven to 350°F. Coat an 8-inch-square baking pan with cooking spray and line the bottom with parchment paper.
2. Beat butter and almond butter in a mixing bowl with an electric mixer until creamy. Beat in eggs, brown sugar and vanilla. Whisk quinoa flour, baking powder and salt in a small bowl. Mix the flour mixture into the wet ingredients until just combined. Stir in chocolate chips. Spread the batter evenly into the prepared pan.
3. Bake until a toothpick inserted into the center comes out with just a few moist crumbs on it, about 25 minutes. Let cool in the pan for 45 minutes before cutting into 24 pieces. Let cool completely before storing

Per serving: 146 calories; 9 g fat (3 g sat, 4 g mono); 21 mg cholesterol; 15 g carbohydrate; 10 g added sugars; 3 g protein; 2 g fiber; 71 mg sodium; 100 mg potassium.

harvested quinoa plants drying in the sun.

llama grazing lands. Growing organic quinoa

this animal. Llamas are raised for meat and are

snap peas and mushrooms.

Snap Pea & Quinoa Salad

h•w h•f h•h

Makes: 6 servings, about 1 cup each **Active time:** 25 minutes **Total:** 1½ hours (including cooling time) **To make ahead:** Prepare quinoa (Step 1), cover and refrigerate for up to 3 days. Cover and refrigerate the prepared salad for up to 1 day

Snap peas are blended with the fresh fragrance of lemon in this salad. It's even better the next day, after the dressing has soaked into the mushrooms and quinoa. (Adapted from *Quinoa Revolution* by Patricia Green and Carolyn Hemming.)

- 2 cups water
- 1 cup quinoa
- 2 cups fresh snap peas, trimmed and cut diagonally into thirds
- 1½ cups button mushrooms, cut into quarters or eighths if large
- ⅓ cup thinly sliced red onion, cut into 1-inch lengths
- 1 tablespoon chopped fresh dill
- ⅓ cup white balsamic vinegar *or* white-wine vinegar
- ¼ cup extra-virgin olive oil *or* flaxseed oil
- 1 teaspoon freshly grated lemon zest
- 1 tablespoon lemon juice
- 1 teaspoon pure maple syrup

1. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Fluff with a fork and set aside to cool completely.
2. Combine peas, mushrooms, onion and dill in a medium bowl. Whisk vinegar, oil, lemon zest, lemon juice and maple syrup in a small bowl. Stir the dressing into the cooled quinoa until evenly dispersed. Add the quinoa to the vegetable mixture, toss and serve.

Per serving: 223 calories; 11 g fat (2 g sat, 8 g mono); 0 mg cholesterol; 25 g carbohydrate; 1 g added sugars; 6 g protein; 3 g fiber; 10 mg sodium; 311 mg potassium. **Nutrition bonus:** Vitamin C (32% daily value), Folate & Magnesium (17% dv).

co-workers paint a dire picture of years when farmers lived hand-to-mouth and many moved to the cities to seek work or beg. Without the benefit of modern technology, rural farmers relied on ancient lore to decide when to plant or harvest—a darker-colored lizard meant rains were coming; a bird's nest sitting deep in a bush meant a cold winter. Families worked the fields by hand, the husband pushing a plow through the gray soil and the wife following behind to sow seeds.

Now, the ANAPQUI farmers tell me, life is different. "We can buy the little things," says a board member. "We can make improvements to our houses," adds another. Communities have been able to buy tractors, so work that once took a week is done in an hour. They've dug wells and invested in irrigation to bring water to the fields. Across the region, farm-family incomes have tripled in the last five years (up from $35 a month in 2007 to $220 a month in 2012) and the flow of immigration has reversed, with many who had sought work in the cities returning to their hometowns to plant.

Crispin drives home a more important point: "Our kids are going to school now. Some are even going to college. They're studying agriculture so they can come back and help us on the farm." Indeed, according to ANAPQUI, 70 percent of the region's young people can now afford to finish high school. In the poorest region of the poorest country in South America, that's a small miracle.

At a breakfast in Quillacas—fried eggs served in a two-room inn with peeling green walls, scuffed terra cotta tiles and a TV tuned to *futbol* news—I discover something else that stirs the passion of these quinoa farmers. I've just asked a seemingly innocuous question—"What kind of fertilizer do you use?"—and been met by stony stares. It turns out that Bolivian farmers have two words for fertilizer: *fertilizante*, meaning typical spray-on chemicals, and *abono*, meaning natural compost and manure. It is a great point of pride for these farmers that they use *abono*, never *fertilizante*.

In fact, if you get any of the Quillacas natives talking you'll discover that they can discourse at length about

sustainability, soil depletion and ecological balance. More than half of the quinoa produced in Bolivia is certified organic. Llamas are essential in this carefully balanced ecosystem—they provide manure, one of the only natural fertilizers in the Altiplano. And though some llama grazing land has been taken over for quinoa production, a farmer insists, "We need to take care of the llamas because they provide the best *abono*." Later in the ANAPQUI office, Crispin puts it even more bluntly. "The llama and quinoa are married. Each would die without the other. It's important for us to live in balance with nature—the quinoa depends on it."

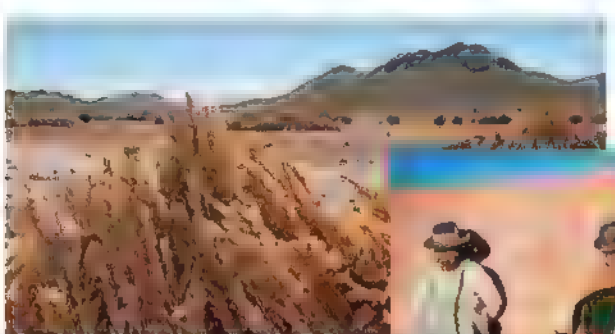
"And what would you do without quinoa?" I ask.

He looks at me a second, thinking. "Our choice is simple: it's 'quinoa or emigrate.'"

One person trying to keep Bolivia's quinoa industry healthy is Sergio Nuñez de Arco, a Bolivian-born, U.S.-raised entrepreneur. Together with his brother Fabricio and backed by trading house Specialty Commodities, he runs an importing business called Andean Naturals that accounts for a third of the quinoa sold in the United States. Though business is booming—what was initially a $90,000 investment six years ago is now a $30 million empire—when he speaks to quinoa farmers, his tone is cautious, not exuberant

Nuñez de Arco's company is working hard to help farmers get organic certification, develop sustainability plans and ensure they have enough quinoa for themselves. It takes a lot of work to bring lasting change to a region where caravans of smugglers still ply the sandy roads. Increased incomes and tractors are a start, but it's going to take schools, Internet access and hospitals. "A lot of people tell me, 'Stop living in Disneyland!'" he says as we bomb down an empty highway. "But to me, it's like keeping a garden: you can try to grow one as big as possible and watch it all get out of control. Or," and here he points toward the sweeping valley of dust and gold, "you can try to take care of a small one, where, if you have enough time and resources, you can make something beautiful thrive."

MATT THOMPSON, *a former* EatingWell *associate food editor, has written about travel for* Hemispheres *magazine.*



Strawberry-Rhubarb Quinoa Pudding

h×w h♥h

Makes: 6 servings, about ⅔ cup each **Active time:** 20 minutes **Total:** 1¾ hours (including cooling time)
To make ahead: Prepare pudding (Steps 1-2), cover and refrigerate for up to 2 days. Make the topping (Step 3) just before serving

Think of quinoa pudding as a delicious whole-grain cousin of tapioca pudding. This one is flavored with tart rhubarb and strawberries and topped with sweetened creamy yogurt.

- 2¼ cups water, divided
- 1½ cups chopped rhubarb, fresh or frozen
- 1 cup chopped strawberries, fresh or frozen, plus more for garnish
- ⅓ cup quinoa
- ½ teaspoon ground cinnamon
- Pinch of salt
- ½ cup sugar plus 1 tablespoon, divided
- ½ teaspoon freshly grated lemon zest
- 1 tablespoon cornstarch
- 1 cup nonfat plain Greek yogurt
- 1 teaspoon vanilla extract

1. Combine 2 cups water in a medium saucepan with rhubarb, strawberries, quinoa, cinnamon and salt. Bring to a boil over high heat, then reduce heat

Ester-C® Effervescent

From the **#1 Selling Vitamin C** Capsule and Tablet Brand^

The Advanced 24-Hour Immune Support* of Ester-C® ... And A Whole Lot More!

- 1000 mg of Ester-C® Vitamin C
- B-6 and B-12 To Support Energy Metabolism*
- Vital Electrolytes To Aid In Metabolic Hydration*
- Just Mix Powder With Water

Once A Day Is All You Need!

Look at the box... Compare **Ester-C®** to the leading effervescent brand^ and see for yourself.

	24-Hour Advanced Immune Support*	Vitamin C	7 B Vitamins & Electrolytes	Natural Orange Flavor	Recommended Servings Per Day	How Many Servings In A Box?	What's My Cost Per Day?
ESTER-C® EFFERVESCENT POWDER	YES	1000 MG PATENTED ESTER-C®	YES	YES	1x	21	[illegible]
LEAD NG EFFERVESCENT POWDER*	NO	1000 MG OF VITAMIN C	YES	YES	1 - 2x	15 - 30	$.53-$1.05‡

Isn't it time to trust your immune health to Ester-C®, The Better Vitamin C®... How can you afford not to?

AVA LABLE AT HEALTH NATURAL FOOD AND VITAMIN SPECIALTY STORES . theVitaminShoppe

Ester-C® The Better Vitamin C®
Nothing Else Works Like It.

Ester-C® Ester-C® and The Better Vitamin C® are licensed TMs of The Ester C Company U S Pat Nos 6,197,813 & 6,878,744

‡ Based on $ 5 82 aRP Emergen C Super Orange Emergen C is a reg stered trademark of A acer Corp
Based on SP NS data for 52 weeks end ng 5/12/20•2(do lars)

AMERICAN HEALTH®
good health made simple
1-866-646-8576 • www.AmericanHealthUS.com

Based on $ 7 99 SRP
20 3 Amer can Hea th nc 12-AH-1268

*These statements have not been eva uated by the FDA. Th s product s not ntended to d agnose, treat, cure or prevent any disease

to maintain a simmer. Cover and cook until the quinoa is tender, about 25 minutes. Stir in ½ cup sugar and lemon zest. Whisk cornstarch with the remaining ¼ cup water in a small bowl. Stir into the quinoa mixture, return to a simmer and cook, stirring constantly, for 1 minute.

2. Remove from heat. Divide the pudding among 6 bowls. Refrigerate until cool, about 1 hour.
3. Just before serving, combine yogurt, vanilla and the remaining 1 tablespoon sugar in a small bowl. Top each serving with a generous dollop of the vanilla yogurt and fresh strawberries, if desired.

Per serving: 151 calories; 1 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 32 g carbohydrate; 19 g added sugars; 5 g protein; 2 g fiber; 43 mg sodium; 189 mg potassium. **Nutrition bonus:** Vitamin C (33% daily value)

Free Quinoa Cookbook
Get a free mini cookbook of delicious healthy *EatingWell* quinoa recipes at **eatingwell.com/go/quinoa**

Spiced Breakfast Quinoa

h*w h♥h

Makes: 2 servings, scant 1 cup each
Active time: 20 minutes
Total: 45 minutes
To make ahead: Cover and refrigerate for up to 1 day; serve cold or reheat over low heat or in the microwave; thin with water or milk as desired.
Cost per serving: under $1.50

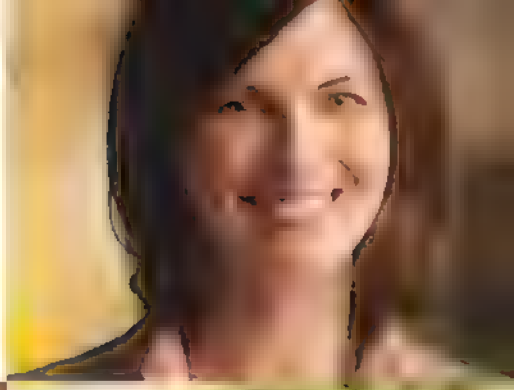
In Bolivia, quinoa is often turned into a creamy, hot breakfast cereal. This one is infused with an aromatic blend of spices typically used in chai—cinnamon, nutmeg and ginger.

- ½ cup quinoa
- 1 cup low-fat milk
- 1 cup water
- ½ teaspoon ground cinnamon
- ⅛ teaspoon ground nutmeg
- ⅛ teaspoon ground ginger
- Pinch of salt
- 2 tablespoons honey
- ½ teaspoon vanilla extract
- 1 large egg white
- 2 tablespoons currants or raisins

1. Place quinoa in a fine-mesh sieve and rinse well with cold water. Heat a medium saucepan over medium-high heat. Add quinoa and cook, stirring, until the grains are separated and smell fragrant, 2 to 4 minutes. Stir in milk, water, cinnamon, nutmeg, ginger and salt. Bring to a boil. Reduce heat to maintain a simmer and cook uncovered, stirring occasionally, until the quinoa is tender, 20 to 25 minutes. Remove from heat. Stir in honey and vanilla.
2. Whisk egg white in a small bowl with 1 tablespoon of the hot cereal. Repeat with 5 more tablespoons until the egg white is completely incorporated. Stir in currants (or raisins). Return the cereal to the saucepan and cook, stirring, over medium-low heat until thickened slightly, 1 to 2 minutes.

Per serving: 311 calories; 4 g fat (1 g sat, 1 g mono); 6 mg cholesterol; 58 g carbohydrate; 17 g added sugars; 12 g protein; 4 g fiber; 161 mg sodium; 547 mg potassium. **Nutrition bonus:** Magnesium (26% daily value), Folate (22% dv), Calcium (19% dv), Potassium (16% dv).

Hungry for the best in taste and nutrition?



It's so EB

Giving your family the best has never been so easy! Compared to ordinary eggs, EBs provide:

- 25% less saturated fat
- 10 times more vitamin E
- 3 times more vitamin B12
- 2 times more vitamin D
- 2 times more Omega 3
- 38% more lutein
- 175 mg cholesterol (58% DV)

Along with superior nutrition comes superior taste: EBs deliver more of the farm-fresh, delicious flavor everyone loves

Superior taste, nutrition, quality, variety, and value–only one egg makes it easy. EBs!

Also available in Cage Free and Organic varieties

egglandsbest.com

facebook.com/EgglandsBestEggs @EggandsBest

EGG-LAND'S BEST

Better taste. Better nutrition. Better eggs.™

cooks up fluffier, while red and black have a crunchier

Quinoa Veggie Burger

h*w h*f h♥h

Makes: 8 burgers
Active time: 45 minutes **Total:** 1½ hours
To make ahead: Individually wrap and freeze cooked burgers for up to 3 months. Defrost overnight in the refrigerator. Reheat in a skillet with a little oil.
Cost per serving: under $1.50

This is a meatless meat lover's burger, full flavored with toasted pecans, mushrooms, Cheddar, herbs and red quinoa. Red quinoa, which you can commonly find in stores where white quinoa is sold, gives the burgers the perfect color. If you can only find white, that's fine too. These patties hold together well for freezing, making for a quick and easy meal. Serve with your favorite garnishes. (Adapted from *Quinoa Revolution* by Patricia Green and Carolyn Hemming.)

- 1 cup water
- ½ cup red quinoa
- 1 tablespoon canola oil
- 1 cup diced onion
- 2 cups finely chopped cremini or white button mushrooms
- 1 teaspoon minced garlic
- ¾ teaspoon dried marjoram
- ¼ teaspoon dried oregano
- 1 large egg
- ⅔ cup shredded reduced fat Cheddar cheese
- ½ cup whole pecans, toasted and finely chopped (*see Tip, page 106*)
- ⅓ cup quick-cooking rolled oats
- 1 tablespoon reduced-sodium soy sauce
- 8 small whole-wheat burger buns, toasted if desired

1. Combine water and quinoa in a medium saucepan. Bring to a boil. Reduce to a simmer, cover and cook for 15 minutes. Remove from heat and let stand, covered, for 10 minutes. Fluff with a fork and set aside to cool.
2. Preheat oven to 350°F. Lightly grease a baking sheet or line with parchment paper.
3. Heat oil in a large saucepan over medium heat. Add onion and cook, stirring frequently, until starting to soften, about 5 minutes. Add mushrooms, garlic, marjoram and oregano; cook, stirring, until the mushrooms are tender, about 5 minutes. Let cool for about 5 minutes.
4. Beat egg in a medium bowl. Add the quinoa, mushroom mixture, cheese, pecans, oats and soy sauce; stir to combine. Scoop scant ½-cup portions of the mixture onto the baking sheet and shape into 8 patties, about 3 inches wide, leaving about 1 inch of space between each patty. (The mixture will be crumbly; patting it into burgers on the baking sheet makes it easier to work with. The burgers hold together very well once baked.)
5. Bake the burgers until crispy, 28 to 30 minutes. Serve on buns with your favorite garnishes.

Per serving (with bun): 280 calories; 12 g fat (2 g sat, 4 g mono); 29 mg cholesterol; 35 g carbohydrate; 4 g added sugars; 11 g protein; 6 g fiber; 320 mg sodium; 353 mg potassium. **Nutrition bonus:** Magnesium (19% daily value), Calcium (16% dv), Zinc (15% dv).

Every Woman's Edge[1]

You have one life. Make sure you're ready for it.

Rainbow Light Women's One™ Multivitamins are formulated with clinically researched nutrient levels that go beyond daily values to nourish, energize and protect the major systems of a woman's body in just one tablet per day.* Plant-source enzymes, ginger juice and probiotics support digestion and absorption with no stomach upset.*

And caring for people extends to the planet we share. Our 100% post consumer recycled and recyclable Eco Guard® bottles are FDA approved, BPA free and endlessly repurposed to keep millions of plastic bottles from polluting our oceans and landfills.

That's our edge. Find yours with Rainbow Light.

RAINBOW LIGHT®
EVERY WOMAN'S EDGE™

rainbowlight.com

scan to save

*Spins Scan Data 6/12 *This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

A FRESH LOOK AT Garlic

By KATHY GUNST *Nutrition tips by* JOYCE HENDLEY | *Food photography by* HELEN NORMAN

Magically healthy garlic can transform simple spring ingredients into dishes that are fragrant, irresistible and layered with flavor

Garlic Stir-Fried Snow Peas & Pea Greens

USE FRESH, NOT BOTTLED

Allicin, a healthy compound in garlic, is most potent in fresh cloves. Japanese researchers found that crushed garlic stored in water lost about half its allicin in six days; stored in vegetable oil it lost that much in under three hours.

Garlic is the spine of all my cooking, the backbone of the flavors in my repertoire. I can't make pasta or roast a chicken without it, and I can't even imagine soups, stews, salad dressings, stir-fries, sauces or dips without the assertive, sweet, you-won't-forget-me flavor of fresh garlic.

But it wasn't an ingredient I gave much thought to until one day about 20 years ago, a friend brought me a few heads of garlic from her garden. I thought it an odd gift, garlic being so inexpensive and plentiful. But the skin popped off to reveal creamy white, firm, fresh pungent cloves. It smelled unlike any garlic I'd ever purchased—it smelled like the earth. The cloves were juicy when I chopped them. I was making my go-to pasta sauce that night (olive oil with sautéed chopped garlic, parsley, basil and capers), when I decided to add a few extra cloves of the garden garlic. I'd been making this quick sauce for years, but suddenly it was transformed. My Tuesday-night pasta sauce had a new depth of flavor. It was rich, heady and almost buttery. At that point I knew. I'd be growing garlic in my own garden.

Two decades later, it's early spring in Maine—cold and still raw, but the snow is gone. The first signs that my garden is alive and well are the small, green garlic shoots that sprout out of the mulch-covered earth. These are the garlic bulbs I planted in late November, the very last thing to go into the garden. Soon the shoots will grow to be at least a foot tall (looking like thin green leeks) and on top there will be scapes, the loopy, loosely spiral-shaped sprouts that appear at the top of the garlic plants in May. I'll use the garlic scapes (which have a subtle garlic flavor and the texture of a thick scallion) in spring salads, sautés and pickles. I'll stir-fry them with asparagus or green beans, or puree them into a scape pesto with olive oil, pepper, salt and pine nuts or almonds.

Then, in late July, when the green shoots start to wilt, I'll harvest the garlic. For each clove I planted in the fall there will be an entire new head of garlic.

Garlic-harvest day is a celebration in my kitchen. I set the heads to dry in the sun and then braid the dry tops of the garlic together to make bouquets that are beautiful and useful in the kitchen. I try to grow enough to last me through the whole winter, but it's not easy. It's hard to ration something you love so much.

When I cook with garlic I don't hold back. Sure, you can use it as an accent or flavoring in virtually any type of savory cooking, but sometimes I build an entire dish around it. Take roasted garlic, for example. I take a whole head or two of garlic, cut off about ¼-inch from the top of the bulbs, place it in a small skillet and pop it in the oven. Bathed in olive oil, sea salt and freshly ground black pepper, the "stinking rose" mellows and sweetens as it roasts. When it's soft and still warm, I spread the creamy cloves onto thick crusty bread or toss them with pasta. And each spring, when the first asparagus appears, I roast the green spears (with a touch of olive oil and grated lemon zest) then top them with whole cloves of roasted garlic, fresh chives, crunchy toasted walnuts and a garlic-scape vinaigrette. Spring on a plate.

My relationship with garlic runs deep. I was reminded just how deep when a friend was recently describing the qualities she looks for in an ideal mate. She talked about wanting someone who was "passionate about his work" and "definitely not a vegetarian." It got me thinking about the question (despite the fact that I have been happily married for close to 30 years now). I admire a great sense of humor. And people who are strong, but willing to show weakness. What else? Then it hit me. I could *never, ever* live with someone who doesn't adore garlic.

Cookbook author **KATHY GUNST** *is resident chef on public radio's* Here & Now. *Her most recent book is* Notes from a Maine Kitchen *(Down East Books).*

FOOD STYLIST BILL SUDHAMSKY INSET PHOTO: DAN GAIR

Spaghetti with Garlic & Clam Sauce

h•f h•h

Makes: 8 servings, about ¾ cup pasta, ¼ cup sauce & 2 whole clams each
Active time: 45 minutes **Total:** 45 minutes
Cost per serving: under $3.50

This dish has a few twists—the clams are steamed ahead of time to release their natural juices and create a flavorful clam broth for the base of the garlicky sauce. Plus tarragon adds a fabulous hint of anise. (Photograph, page 86.)

- 2 heads garlic
- 28 fresh littleneck clams, scrubbed and rinsed well
- ¾ cup cold water
- 5 tablespoons extra-virgin olive oil, divided
- 2 tablespoons all-purpose flour
- 1 cup dry white wine, such as Pinot Grigio
- 1 cup chopped fresh parsley plus 2 tablespoons, divided
- 1 tablespoon chopped fresh tarragon
- ¾ teaspoon freshly ground pepper, divided
- ⅛ teaspoon crushed red pepper (optional)
- 1 pound whole-wheat spaghetti *or* linguine

1. Put a large pot of water on to boil.
2. Peel 1 head of garlic, separate cloves and halve any large ones. Peel the second head and chop all the cloves.
3. Place clams in a Dutch oven or large saucepan with the cold water. Cover and cook over high heat, stirring frequently, until the shells just open, 6 to 10 minutes. Transfer to a bowl as they open, making sure to keep all the juice in the pan. Discard any unopened clams. Reserve 16 whole clams in their shells. Then, working over the pot so you don't lose any of the juice, remove the meat from the remaining clams. Coarsely chop the meat; set aside separately from the whole clams. Pour the clam juice from the pan into a medium bowl, being careful not to include any of the sediment. Rinse and dry the pan.
4. Heat 4 tablespoons oil in the pan over medium heat. Add all the garlic and cook, stirring, for 1 minute. Stir in the chopped clams and cook for 15 seconds. Add flour and cook, stirring, for 15 seconds. Increase heat to high, stir in wine and the reserved clam juice. Bring the sauce to a simmer, stirring constantly to prevent the flour from clumping. Once it's simmering, reduce the heat to medium and stir in 1 cup parsley, tarragon and ½ teaspoon pepper. Cook, stirring often, until slightly thickened, 6 to 8 minutes. Add crushed red pepper, if using. Add the reserved clams in shells and stir to coat with the sauce.
5. Meanwhile, cook pasta in the boiling water until al dente, 10 to 13 minutes, or according to package directions. Stir 2 tablespoons of the pasta-cooking water into the clam sauce, then drain the pasta and transfer to a large serving dish. Stir the remaining 1 tablespoon oil and ¼ teaspoon pepper into the pasta. Spoon the clams and sauce over the pasta. Sprinkle with the remaining 2 tablespoons parsley.

HEART SMART

Garlic can lower cholesterol and prevent blood clots, but it's really good at fighting high blood pressure. Here's how researchers think it may work: Garlic breaks down in the body into compounds that contain sulfur that can trigger blood vessels to release hydrogen sulfide. That helps blood vessels relax and widen, keeping blood pressure down.

Per serving: 371 calories; 10 g fat (1 g sat, 7 g mono); 22 mg cholesterol; 50 g carbohydrate; 0 g added sugars; 18 g protein; 7 g fiber; 50 mg sodium; 432 mg potassium. **Nutrition bonus:** Iron (68% daily value), Vitamin C (34% dv), Magnesium (25% dv), Vitamin A & Zinc (17% dv).

Sole with Garlic-Almond-Caper Sauce

h•w h•h

Makes: 4 servings, 2 fish fillets & about 2 Tbsp. sauce each
Active time: 35 minutes
Total: 35 minutes
Cost per serving: under $2.50

Here seasoned fillets of sole (or flounder) are sauteed in a hot skillet and then topped with a simple sauce of sautéed garlic, slivered almonds, capers and lemon juice—a riff on sole meunière. This is a very simple dish but all your ingredients need to be ready by the stove because it cooks very quickly once you turn on the heat.

- ¾ cup all-purpose flour
- ½ cup sliced almonds, divided
- ¾ teaspoon freshly ground pepper, divided
- ½ teaspoon salt
- 2 large egg whites
- 2 tablespoons water
- 8 small fillets of sole *or* flounder (1-1¼ pounds total; *see Tip, page 90*)
- 2 tablespoons canola oil, divided
- 1 tablespoon extra-virgin olive oil
- ¼ cup thinly sliced garlic
- 2 tablespoons capers, rinsed
- 3 tablespoons lemon juice
- 4 lemon wedges for serving

1. Preheat oven to 250°F.
2. Pulse flour, ¼ cup almonds, ½ teaspoon pepper and salt in a food processor until almonds are finely chopped. Transfer to a large plate. Whisk egg whites and water in a shallow dish. Dip fish fillets in the egg mixture, then into the flour mixture, coating well on both sides. Shake off any excess.

Love Garlic? Find out how to poach garlic to make garlic oil and get more recipes at **eatingwell.com/go/garlic**

Sole with Garlic-Almond-Caper Sauce

DIABETES CONTROL

One recent study found that people who took a garlic supplement with their diabetes medications had better control over blood sugar levels. Bonus: their cholesterol and triglyceride levels improved too.

COLD COMFORT

Garlic may boost the body's ability to fight colds. Some studies have found that people taking garlic supplements get less severe colds.

3. Heat 1 tablespoon canola oil in a large (12-inch) nonstick or cast-iron skillet over medium heat. The oil should be quite hot: when you drop a bit of the seasoned flour into it, it should sizzle up immediately.
4. Add half the fish to the skillet and cook until golden brown, 2 to 4 minutes per side. Transfer the fish to a large baking sheet and place in the warm oven. Heat the remaining 1 tablespoon canola oil and cook the next batch of fish. Remove the skillet from the heat. Transfer the fish to the baking sheet.
5. Add olive oil to the skillet and return to low heat. Add garlic and the remaining ¼ cup almonds; cook, stirring, for 15 seconds. Remove from the heat; stir in capers, lemon juice and the remaining ¼ teaspoon pepper. Divide the fish among 4 plates and top with the sauce. Serve with lemon wedges, if desired.

Per serving: 289 calories; 16 g fat (2 g sat, 10 g mono); 44 mg cholesterol, 18 g carbohydrate, 0 g added sugars; 18 g protein; 2 g fiber; 553 mg sodium, 314 mg potassium.

Tip: For sustainably fished sole or flounder, look for wild-caught fish from the U.S. Pacific. For more information, visit **seafoodwatch.org**

Roasted Garlic & Asparagus Salad

h*w h*f h*h

Makes: 6 servings
Active time: 40 minutes **Total:** 1 hour
To make ahead: Cover and refrigerate roasted garlic cloves in oil (Steps 1-3) for up to 3 days; bring to room temperature before finishing Step 3.

The dressing for this roasted asparagus salad uses fresh garlic scapes—available in spring from farmers' markets or gardeners. Use chopped fresh garlic in the dressing if you can't find scapes.

- 2 heads garlic
- 3 tablespoons extra-virgin olive oil, divided
- ½ teaspoon salt, divided
- ½ teaspoon freshly ground pepper, divided
- ¼ cup minced fresh chives
- 2 tablespoons finely chopped fresh garlic scapes *or* 2 teaspoons finely chopped garlic cloves
- ¼ cup lemon juice
- 2 bunches asparagus, trimmed
- 2 teaspoons freshly grated lemon zest
- ½ cup walnut halves, toasted and chopped (*see Tip, page 106*)

1. Preheat oven to 400°F.
2. Slice the tips off the garlic heads, exposing the cloves. Place the heads in a small baking dish. Pour 2 tablespoons oil over them and sprinkle with ¼ teaspoon each salt and pepper. Roast until the garlic feels soft when you squeeze the bulb, 20 to 40 minutes, depending on size.
3. When cool enough to handle, gently squeeze garlic cloves from the skins into the dish (discard skins). Add chives and garlic scapes (or chopped garlic). Swirl in lemon juice.
4. Peel the tough outer layer off the bottom half of asparagus stalks, if desired. Place the asparagus on a rimmed baking sheet; drizzle with the remaining 1 tablespoon oil and sprinkle with lemon zest and ¼ teaspoon each salt and pepper. Roast, shaking the pan halfway through, until the

PLAT ER ELEPHANTCERAMICS.COM

asparagus is just tender, 10 to 20 minutes. Let stand for 5 minutes.

5. Divide the warm asparagus among 6 plates. Top each portion with about 2 tablespoons roasted garlic vinaigrette and 1 generous tablespoon walnuts.

Per serving: 154 calories; 13 g fat (2 g sat, 6 g mono); 0 mg cholesterol; 9 g carbohydrate; 0 g added sugars; 4 g protein; 2 g fiber; 206 mg sodium; 268 mg potassium. **Nutrition bonus:** Folate (31% daily value), Vitamin C (25% dv) Vitamin A (17% dv)

Three-Cup Chicken

h•w h•h

Makes: 4 servings, 2 pieces chicken & ⅓ cup sauce each
Active time: 40 minutes **Total:** 1 hour
Cost per serving: under $3

While there are dozens of variations on this classic Taiwanese dish, the "three-cup" in the title refers to the fact that this dish is almost always made with equal parts soy sauce, Chinese rice wine and rice vinegar (and usually sesame oil). The sauce develops a wonderfully pungent flavor from the toasted Sichuan peppercorns and star anise; look for them in Asian markets or online from penzeys.com. *Serve the chicken and sauce over rice.*

- 1 teaspoon Sichuan peppercorns
- ¾ cup reduced-sodium chicken broth
- 3 tablespoons reduced-sodium soy sauce
- 3 tablespoons rice vinegar
- 3 tablespoons Chinese rice wine (Shao Hsing *or* Shaoxing) *or* dry sherry
- 2 tablespoons toasted sesame oil
- 2 tablespoons honey *or* sugar
- 2 whole star anise
- 1 bunch scallions, divided
- 1 tablespoon canola oil
- 4 chicken drumsticks, skin removed (*see Tip, page 32*)
- 4 bone-in chicken thighs, skin removed and trimmed
- 12 cloves garlic, peeled and left whole, plus 1 tablespoon minced garlic
- 1 tablespoon minced fresh ginger
- ½ cup packed fresh basil leaves, plus 2 tablespoons chopped, preferably Thai basil

1. Toast peppercorns in a large flat-bottomed carbon-steel wok or heavy skillet over high heat until fragrant, about 1 minute. Crush in a mortar and pestle or with a rolling pin. Set aside near the stove.
2. Meanwhile, combine broth, soy sauce, rice vinegar, rice wine (or sherry), sesame oil, honey (or sugar) and star anise in a medium bowl. Finely chop enough scallions to equal 2 tablespoons and reserve for garnish; cut the remaining scallions into 2-inch lengths. Place the sauce and scallion pieces near the stove.
3. Heat canola oil in the wok (or skillet) over high heat until shimmering. Reduce heat to medium-high; add 2 drumsticks and 2 thighs and cook, undisturbed, for 4 minutes. Carefully flip the chicken over and cook for 3 minutes on the other side, reducing the heat as needed if the pan gets too hot. Transfer the chicken to a plate and repeat with remaining chicken; remove to the plate. Add the scallion pieces, garlic and ginger to the pan; cook, stirring once or twice, until they begin to brown, about 1 minute. Add the crushed peppercorns and stir for 5 seconds. Add the reserved sauce and cook 2 minutes. Add the chicken; stir to coat with the sauce.
4. Adjust the heat to maintain a simmer, cover the pan and cook, turning the chicken halfway through, until an instant-read thermometer inserted into the thickest part without touching bone registers 165°F, 15 to 20 minutes. Stir in basil leaves and cook, uncovered, for 1 minute more. Garnish with the chopped scallions and chopped basil.

Per serving: 346 calories; 18 g fat (3 g sat, 8 g mono); 90 mg cholesterol; 15 g carbohydrate; 9 g added sugars; 29 g protein; 1 g fiber; 594 mg sodium; 404 mg potassium. **Nutrition bonus:** Zinc (21% daily value).

PATIENCE IS REWARDED

Cutting a garlic clove breaks its cells and releases stored enzymes that react with oxygen. That triggers healthy sulfide compounds, such as allicin, to form. Letting the chopped garlic stand for 10 to 15 minutes before cooking allows the compounds to fully develop before heat inactivates the enzymes.

Garlic Stir-Fried Snow Peas & Pea Greens

h•w h•f h•h

Makes: 4 servings, about ⅔ cup each
Active time: 15 minutes
Total: 15 minutes

This fresh stir-fry is fragrant with garlic and ginger. Adding a little puree of garlic scapes at the end gives an added subtle garlicky flavor. Pea greens, also known as pea shoots, are the leaves, tendrils and flowers of a mature pea plant. They have a mild sweetness akin to snap or snow peas. Look for pea shoots at farmers' markets or Asian markets. Pea sprouts are smaller sprouted pea leaves and are easier to find—many large supermarkets stock them year-round. (Photograph: page 85.)

- 1 tablespoon canola oil
- 2 tablespoons chopped garlic
- 2 tablespoons chopped fresh ginger
- 2 cups snow peas *or* snap peas, trimmed
- 2 packed cups pea greens *or* pea sprouts
- 1-3 teaspoons Garlic Scape Pesto (*page 94*; optional)
- 1 tablespoon reduced-sodium soy sauce

IF1 v IAR CLA5 \ VAT HFXVMF AD STYLE ROM

PREP FOR POTENCY

The more you damage garlic's cell walls the more sulfide-transforming enzymes you release—and with them, more pungent garlic flavor. Since crushing breaks the most cells, crushed cloves taste harsher, sliced or coarsely chopped ones milder. Intact cloves are mildest of all. (Cook's tip: Mashing minced garlic with a pinch of coarse salt helps tame the harsh flavor.)

Heat oil in a large flat-bottomed carbon-steel wok or large, heavy skillet over high heat until shimmering. Add garlic and ginger; cook, stirring, until fragrant, 10 to 15 seconds. Add peas; cook, stirring, until bright green and the garlic is light brown, about 1 minute. Stir in pea greens (or sprouts) and Garlic Scape Pesto to taste (if using). Add soy sauce; cook, stirring, until the pea greens are starting to wilt, 30 seconds to 1 minute.

Per serving: 129 calories; 4 g fat (0 g sat, 2 g mono); 0 mg cholesterol; 21 g carbohydrate; 0 g added sugars; 7 g protein; 3 g fiber; 148 mg sodium; 328 mg potassium **Nutrition bonus:** Vitamin C (45% daily value), Folate (26% dv).

Garlic Scape Pesto

Makes: about ⅔ cup
Active time: 10 minutes
Total: 10 minutes
To make ahead: Refrigerate in an airtight container for up to 2 weeks or freeze for up to 6 months.

During the spring when garlic scapes are plentiful at farmers' markets and farm stands, this is a great way to keep the scapes and their gorgeous garlicky flavor for weeks. Try the pesto with pasta, stir-fries, grilled fish, poultry or steaks. If you don't have garlic scapes, you can make this pesto with regular garlic cloves.

½ cup chopped garlic scapes or garlic cloves
½ cup extra-virgin olive oil

Pulse garlic scapes (or garlic) in a food processor until well chopped. Add oil and process until somewhat smooth.

Per tablespoon: 103 calories; 10 g fat (1 g sat, 8 g mono); 0 mg cholesterol; 2 g carbohydrate; 0 g added sugars, 0 g protein; 0 g fiber; 1 mg sodium; 25 mg potassium.

ODORS BEGONE

To fight garlic breath, brush, floss, nibble parsley—and drink milk: its fats and water help deodorize volatile compounds. Rub garlicky-smelling hands with a lemon wedge, salt, baking soda or maybe even a piece of stainless steel, like your kitchen faucet (molecules in steel are thought to block odor-producing reactions). Rinse hands well.

Family pizza night – making delicious creations and lasting memories

You finally got everyone together for family night at home. And thanks to the consistent results of King Arthur Flour, you know everyone's pizza crust will be just right. How their toppings go together is up to them, but you've done your part. Now you can stand back and enjoy

For family night ideas and recipes, visit

KingArthurFlour.com/familynight

Share your pizza masterpiece with us on Facebook.

100% EMPLOYEE OWNED. COMMITTED TO QUALITY.

© 2012 King Arthur Flour

Pickled Garlic Cloves

Makes: 1 cup
Active time: 15 minutes **Total:** 15 minutes (plus 8 hours pickling time)
To make ahead: Refrigerate for up to 1 month. **Equipment:** 2-cup canning jar

Pickled garlic? You bet! This simple pickle is made by adding whole peeled garlic cloves to a flavorful brine. Use almost any type of clear vinegar that you have on hand—white, red or cider. Serve the pickles as part of an antipasti spread or chop and add to pasta salad, vinaigrettes or stir-fries. The fresher the garlic, the better the pickle.

- 1 cup garlic cloves, peeled, cut in half if large
- ⅔ cup water
- ⅓ cup white or red vinegar
- ¼ cup sugar
- 1¼ teaspoons kosher salt
- ½ teaspoon whole black peppercorns
- ½ teaspoon mustard seeds
- ½ teaspoon fennel seeds
- ½ teaspoon crushed red pepper

1. Bring a small saucepan of water to a boil over high heat. Add garlic and cook for 3 minutes; drain. Transfer the garlic to a 2-cup glass canning jar (or other heatproof jar) with a tight fitting lid.
2. Combine ⅔ cup water, vinegar, sugar, salt, peppercorns, mustard seeds, fennel seeds and crushed red pepper in a small saucepan. Bring to a boil over high heat, stirring until the sugar and salt are dissolved. Pour the hot pickling solution into the jar. Let cool to room temperature. Cover and refrigerate for at least 8 hours for the flavors to develop.

Per tablespoon: 14 calories; 0 g fat (0 g sat, 0 g mono); 0 mg cholesterol; 3 g carbohydrate; 0 g added sugars; 1 g protein; 0 g fiber; 12 mg sodium; 34 mg potassium.

CANCER PROTECTION

Studies show that in areas where garlic eating is highest, prostate cancer incidence is lower. Just why isn't certain, but the sulfur compounds in garlic might help quash tumor growth and prevent cancer cells from spreading.

Fall in Love. Again.

daiya
deliciously dairy free™

dairy free

gluten free

soy free

www.daiyafoods.com

Vegan

Pareve

Pour on the sweetness.

Domino® Organic Agave Nectars

Domino® Organic Agave Nectars are delicious liquid sweeteners, with a low glycemic index, that are made from the core of the Blue agave plant. Low glycemic foods help keep energy levels balanced and are a good part of a healthy diet.

Whether you use Domino® Organic LIGHT Agave Nectar, with its delicate flavor, or AMBER with a more caramel like flavor, you're sure to enjoy it over fruits, cereals, or in beverages, sauces and baked goods

Enjoy our organic agave nectars straight from the bottle or when making delicious recipes, such as this **flavorful berry syrup.**

the Real Way to do Sweet!™

Agave Berry Breakfast Syrup

Ingredients

3 cups fresh strawberries (hulled, cleaned and quartered)
2/3 cup Domino® Organic Light Agave Nectar

Instructions

Place cut strawberries in large microwave-safe bowl. Cook for 2 minutes, stirring after 1

While the berries are cooking, pour the agave nectar into a small saucepan on low heat. Add strawberries to saucepan and crush, using a potato masher or ladle. Increase heat to medium until mixture begins to boil and foam, approximately 5 to 7 minutes. Reduce heat and simmer for 10 minutes. Strain mixture using a mesh strainer, working with the back of a spoon to remove as much liquid as possible.

Serve over pancakes, waffles or French toast and enjoy! Yields 1 cup.

©2011 Domino Foods, Inc.

For more information and delicious recipes, visit: **dominoagave.com**

test kitchen

tips · techniques · tools

Light and Luscious

Take one bite of these decadent strawberry-rhubarb fruit squares and you won't believe they're only about 200 calories and have 6 grams *less* saturated fat than a traditional fruit square. We slashed the butter in the shortbread crust, but kept it light and crisp with heart-healthy canola oil and a little cornstarch. A judicious amount of sugar in the filling lets the natural sweetness of the fruit shine and keeps calories in check. Turn the page to see how we did it!

Strawberry-Rhubarb Squares

PHOTOGRAPHY BY PETER ARDITO; FOOD STYLISTS: PATSY JAMIESON (WITH CAROLYN CASNER); PROP STYLIST: CLAUDIA VENON

Beyond **Lemon Squares**

We love lemon squares, so for spring we set out to make lighter, healthier ones. Then we got inspired! Why stop at lemon? See our quick recipe for healthier lemon squares below, then turn the page to see three more fruit square variations made with fresh (or frozen!) blueberries, raspberries or strawberries and rhubarb. —*Stacy Fraser*

Lighter Lemon Squares **Make the crust** (*Step 1, page 102*). **Make the filling:** Whisk ½ cup granulated sugar, 3 tablespoons cornstarch, ¼ teaspoon baking powder and ⅛ teaspoon salt in a medium bowl until well combined. Add 2 large eggs; whisk until combined. Stir in ⅔ cup water and ⅓ cup lemon juice. Pour the filling into the warm crust. **Bake and cool** (*Step 4, page 102*). Garnish with lemon zest and confectioners' sugar, if desired, just before serving.

For more nutrition information see the recipe index, page 4.

CALIFORNIA
WALNUTS
NATURAL DEFENDERS OF THE HUMAN BODY™
Why should your family's diet include delicious, heart-healthy California Walnuts?
They're rich in the essential plant-based omega-3 fatty acid ALA.
And the American Heart Association certifies foods, including walnuts, for the contribution they can make to an overall heart-healthy diet.
Supportive but not conclusive research shows that eating 1.5 ounces of walnuts per day, as part of a low saturated fat and low cholesterol diet and not resulting in increased caloric intake, may reduce the risk of coronary heart disease. (FDA) One ounce of walnuts provides 18g of total fat, 2.5g of monounsaturated fat, 13g of polyunsaturated fat including 2.5g of alpha-linolenic acid — the plant-based omega-3 fatty acid and 3.68mmol of antioxidants.
WALNUTS.ORG
FACEBOOK.COM/CAWALNUTS
TWITTER.COM/CAWALNUTS
American Heart Association
CERTIFIED
Meets Criteria for Heart-Healthy Food
*Per one ounce serving.
See heartcheckmark.org/guidelines

Happiness is a By-product of Good Health!

Many of our products are...

- FREE OF Gluten & Wheat
- FREE OF Dairy & Lactose
- FREE OF Artificial Sweeteners, Flavors & Colors
- Vegetarian

Sign Up and Save with Sundown Naturals®! Scan Code Now!

Sundown Naturals

www.sundownnaturals.com

facebook.com/SundownNaturals

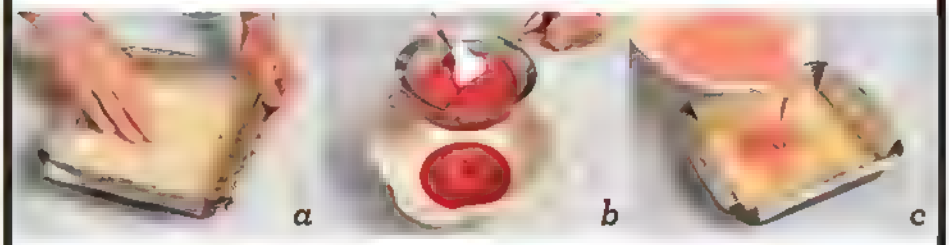
*This statement has not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

©2013 Rexall Sundown, Inc 12-SD-11578

Fruit Squares

h*w h♥h

Makes: 9 squares, 2½ inches each **Active time:** 25 minutes **Total:** 2¼ hours
To make ahead: Cover and store at room temperature for up to 1 day
(Recipe photographs: page 100)



Step 1: Make the Crust

- 1 cup white whole-wheat flour *(see Tip, page 107)* or all-purpose flour
- ⅓ cup confectioners' sugar
- 3 tablespoons cornstarch
- ¼ teaspoon salt
- 3 tablespoons canola oil
- 2 tablespoons butter, softened

Preheat oven to 350°F. Line an 8-inch-square baking pan with foil and coat it with cooking spray. Combine flour, confectioners' sugar, cornstarch and salt in a medium bowl. Add oil and butter; using your fingertips, blend into the flour mixture until evenly combined. The mixture will be a little crumbly. Firmly press the dough into the prepared pan ***[photo a]***. Bake until just barely beginning to brown, 15 to 20 minutes.

Step 2: Make the Flavoring

BLUEBERRY: 3 cups blueberries
STRAWBERRY-RHUBARB:
2 cups chopped strawberries
2 cups chopped rhubarb
RASPBERRY: 3 cups raspberries
- ⅓ cup water
- 2 tablespoons lemon or lime juice

Combine fruit of your choice (fresh or frozen, not thawed) and water in a medium saucepan. Cook over high heat, stirring, until the fruit is mostly broken down, 4 to 6 minutes. Pour through a fine-mesh sieve and press on the solids to extract all the juice ***[photo b]***; discard solids. You need 1 cup strained juice; remove any extra or add a little water if you are short. Stir lemon (or lime) juice into the strained fruit juice.

Step 3: Make the Filling

- ⅓ cup granulated sugar
- 3 tablespoons cornstarch
- ⅛ teaspoon salt
- 2 large eggs

Whisk sugar, cornstarch and salt in a medium bowl until well combined. Whisk in eggs. Stir in the juice mixture from Step 2. Pour the filling over the crust ***[photo c]***.

Step 4: Bake, Cool & Serve

Bake until just set, 15 to 20 minutes (The center should still be a little jiggly—it will firm up as it cools.) Let cool to room temperature on a wire rack, about 1½ hours. Gently lift out of the pan all in one piece using the edges of the foil. Cut into 9 squares. Garnish with fresh fruit and dust with confectioner's sugar, if desired, just before serving.

PHOTOS (AT MOUNTAINSTEPS' COOK'S) FOR PETER ARENTO

Lose weight enjoying the foods you love—

& love the new you!

NEW & IMPROVED

Nutrisystem® SUCCESS®

OUR BEST PROGRAM EVER!

IT WORKS...

4 out of 5 customers surveyed say it worked better than any other weight loss program they've tried*

IT'S EASY...

you open the big box that arrives at your door, eat the food and lose weight

AND IT'S A GREAT VALUE

Nutrisystem breakfast, lunch, dinner and dessert for as low as **$8 A DAY†**

Plus! With over 150 MENU OPTIONS— including OVER 30 NEW & IMPROVED FOODS— it's guaranteed to work when other diets have failed you!††

THE MORE YOU LOSE, THE MORE YOU SAVE!

Save up to 50%!†

RISK FREE GUARANTEE

CALL OR CLICK TODAY

877-491-SLIM (7546)

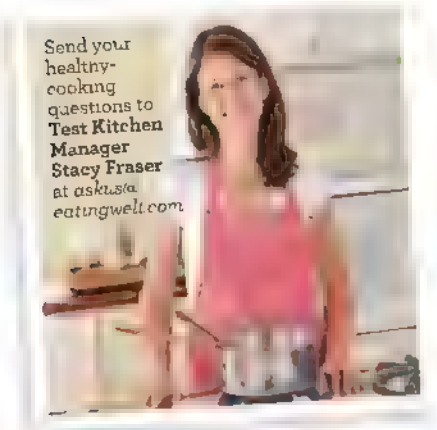
nutrisystem.com/eat113

On Nutrisystem you add in fresh grocery items.

†Offer good on new 28-Day Auto-Delivery programs only. Free shipping Continental US only With this offer you receive an additional discount off the Full Retail Value with each consecutive 28-Day Auto-Delivery order Additional 5% discount applied to each of the first five consecutive 28-Day plan deliveries up to 50% total savings. With Auto-Delivery you are automatically charged and shipped your 28-Day program once every 4 weeks unless you cancel. You can cancel Auto-Delivery at any time by calling 1-800-727-8046. Other restrictions apply Call or see website for details. The Nutrisystem Select program is available to Continental U.S. residents only and cannot be shipped to PO Boxes, APO Boxes or military addresses. Cannot be combined with any prior or current discount or offer Limit one offer per customer. ©2013 Nutrisystem, Inc. All rights reserved.

*Based on a Nutrisystem survey of customers who have been on program two or more months, October 2012.

††If you're not 100% satisfied, call within 14 days of receiving your first 28-Day order and return the remaining non-frozen food to us for a full refund. We'll even cover return shipping. Limit one guarantee per customer.



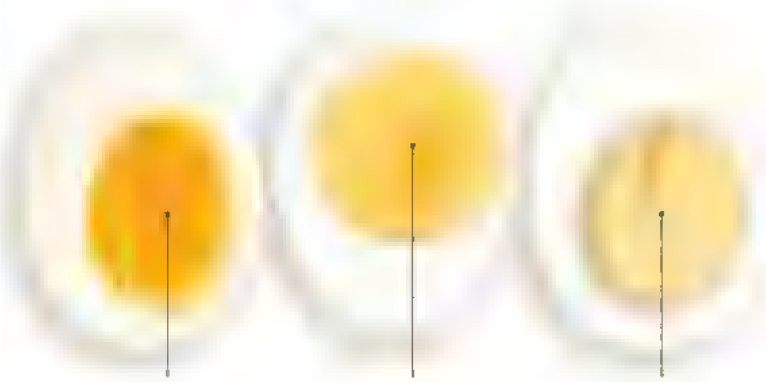
I love hard-boiled eggs, but never seem to cook them right. What's the trick?

—J. Berge, Williamstown, PA

Although they seem simple, a hard-boiled egg can be one of the hardest things to cook—or to cook right, anyway. Think about the "bad" hard-boiled eggs you've had: too hard to peel, too rubbery, too exploding-from-the shell, and even too ugly (with that gray-green ring around the yolk). Here are our top tips for great hard-boiled eggs:

1. **Don't *actually* boil them:** Boiling causes the shells to crack, plus boiling water is just too hot and results in stiff, rubbery whites. Barely simmering water is just right (*see method, right*).
2. **Use a timer:** 10 minutes of barely simmering water is all you need for perfectly cooked eggs. And don't approximate—set a timer. After cooking, put them immediately into ice-cold water to stop the cooking. Overcooked eggs are tough and typically show that less-than-attractive (but completely edible) green ring around the yolk.
3. **Wait before you cook:** Very fresh eggs are hard to peel. If you have fresh eggs, keep them in the refrigerator for several days before cooking—the whites will be less likely to stick to the shell so the eggs will be much easier to peel.

For Perfect Hard-Boiled Eggs: Place eggs in a single layer in a saucepan; cover with 1 inch of water. Bring just to a simmer over medium-high heat. Reduce heat to low and cook at the barest simmer for 10 minutes. Remove from heat, immediately pour out hot water and cover the eggs with ice-cold water. Let stand until cool enough to handle before peeling.



Under	Perfect	Over
Cooked for 5 minutes	*Cooked for 10 minutes*	*Cooked for 15 minutes*

Refrigerate hard boiled eggs for up to 1 week.

Make a Natural Egg Dye

(from page 13)

1. Wash and gently scrub white eggs to remove any debris. Hard-boil (*see above*), if desired, but leave the shell on.
2. To prepare dyes, set out as many bowls as colors you want to prepare.

Add one "natural dye" to each bowl:	
Red Cabbage Blue	¼ head red cabbage cut into 2-inch chunks
Beet Violet	1 large beet, cut into chunks
Red Onion Skin Khaki Green	Outer loose skin from 8 red onions
Yellow Onion Skin Orange	Outer loose skin from 8 yellow onions
Turmeric Yellow	1 tablespoon ground turmeric

3. Pour 2 cups boiling water over each natural dye; let steep for at least 30 minutes and up to 2 hours to extract the color. Strain the dyeing liquid from the bowls (except for the turmeric). Stir 2 tablespoons distilled white vinegar into each color of dye, add 3–4 eggs to each color. Refrigerate the eggs in the dyes for at least 4 hours or up to 1 day. Longer soaking will give a more vivid color, but limit soak time to 24 hours. Remove eggs from the dye with a slotted spoon. Let dry on a wire rack. If you plan to eat the eggs, refrigerate for up to 1 week.

PHOTOS (CLOCKWISE FROM TOP LEFT): KEN BURRIS; ERIKA ALLEN; CARIN KRASNER

Egg-cellent Recipes
Find delicious recipes to use your hard-boiled eggs at **eatingwell.com/go/eggs**

WHOLE GRAIN GOODNESS*

*Emphasis on GOOD

Smooth Mellow Sustaining Energy

A principled natural food company.
300+ foods and 1,100+ free recipes at

edenfoods.com | 888-424-3336

advertisement

LivingWell

Your Guide to Products, Promotions & Special Events

TASTE YOU'LL LOVE—NUTRITION YOU NEED

Bragg Liquid Aminos is the natural, healthy and better flavor alternative to traditional soy sauce. Made with certified non-GMO soybeans and purified water, it is gluten free and contains no alcohol or preservatives.

Visit bragg.com.

BRAGG

HEALTH TIP GALLERY

LOOKING FOR UNCONVENTIONAL HEALTH TIPS?

You'll love this wonderful image board for inspiration. Tweet them to your peeps or add them to your own board for a little pinspiration.

Browse our gallery at facebook.com/cawalnuts.

EatingWell READER Round TABLE

HAVE YOUR VOICE HEARD

Join the EatingWell Reader Roundtable to remark on relevant food trends, sample new products and recipes, receive exclusive offers, share your opinions with editors, and much more.

Visit EatingWell.com/ReaderRoundtable.

DESIGNED FOR THE UNIQUE NEEDS OF WOMEN

Each serving of Nature's Bounty® Optimal Solutions® Complete Protein & Vitamin Shake Mix provides important protein, fiber, B vitamins, antioxidants, electrolytes, prebiotics, probiotics and more!

Visit naturesbounty.com/optimalsolutions.

Visit EatingWell.com/go/livingwell for information on events and offers.

test kitchen tips & notes

Oil a grill rack (*page 50*) before you grill to keep the food from sticking to the rack. Oil a folded paper towel, hold it with tongs and rub it over the rack. (Do not use cooking spray on a hot grill—it may cause a flare-up.)

Learn how make "matchsticks" or "julienne" (*page 52*): Slice ingredients crosswise into very thin slices. Make a stack of 2 to 3 slices at a time, then slice into fine matchsticks (about ⅛ inch wide).

Look for mirin (*page 52*)—a sweet, low-alcohol rice wine used in Japanese cooking—near other Asian ingredients in well-stocked supermarkets. Use it to a touch of sweetness to sauces and marinades. Refrigerate for up to 6 months.

For the best flavor, toast nuts (*pages 82, 91*) before adding to recipes: Spread whole nuts on a baking sheet and bake at 350°F, stirring once, until fragrant, 7 to 9 minutes. For chopped nuts, place in a small dry skillet and cook over medium-low heat, stirring constantly, until fragrant and lightly browned, 2 to 4 minutes.

Daily Sweepstakes Official Rules (*pages 6, 64*): No purchase necessary to enter or win. Subject to Official Rules and entry at *www.betterrecipes.com*. There will be one Daily Giveaway Sweepstakes per day. Entries for each daily sweepstakes must be received by 11:59 p.m., E.T. Open to legal residents of the 50 United States and the District of Columbia, 21 years or older. One entry per e-mail address per day. Online entry only. Void where prohibited. Sponsor: Meredith Corporation.

PHOTOGRAPHY BY PETER ARDITO. THIS PAGE: COURTESY OXO (OPPOSITE).

Use dry sherry (*page 60*) instead of "cooking sherry" in recipes calling for sherry. It adds depth of flavor to sauces and stews like stroganoff, without adding the extra salt that's typically in cooking sherry. Look for dry sherry with other fortified wines at your wine or liquor store.

Add star anise (*page 60*), named for its star-shaped pods, to Asian-inspired dishes to lend distinctive licorice-like flavor. Look for it with other bulk spices in natural-foods stores, in Asian markets or online at *penzeys.com*.

Try using white whole-wheat flour (*page 102*) in place of all-purpose flour in baked goods. It's made from a special variety of white wheat, is light in color and flavor but has the same nutritional properties as regular whole-wheat flour. Look for it in large supermarkets, natural-foods stores or online at *bobsredmill.com* or *kingarthurflour.com*. Store it in the freezer.

Special Thanks: Black River Produce; the Crock-Pot® brand, *crock-pot.com*

Great Gadget! This avocado tool makes prepping an avocado fast and safe (*see recipes on pages 42-45*). Halve your avocado with the kid-safe plastic blade, pop out the pit with the pitting tool, then use the fan-shaped blade to slice and scoop out the flesh. (3-in-1 Avocado Slicer, *Oxo.com*, $9.99)

Keel Billed Toucans are very social creatures
Costa Rica
10 DAYS $1095+ tax, fees
Rainforests, Beaches, Volcanoes
Guided Vacations for 60 Years!
Caravan.com

CustomInk
Design T-shirts Online
Your Design Here!
FREE shipping!
Create Amazing Shirts!
Make custom shirts for your group with our fun & easy Design Lab. Always FREE shipping and FREE design help.
SAVE $10 ON YOUR ORDER OF 6 OR MORE SHIRTS
Use Voucher Code: eatwell3 Offer expires 6/30/13
customink.com/eatwell | 855-644-4328

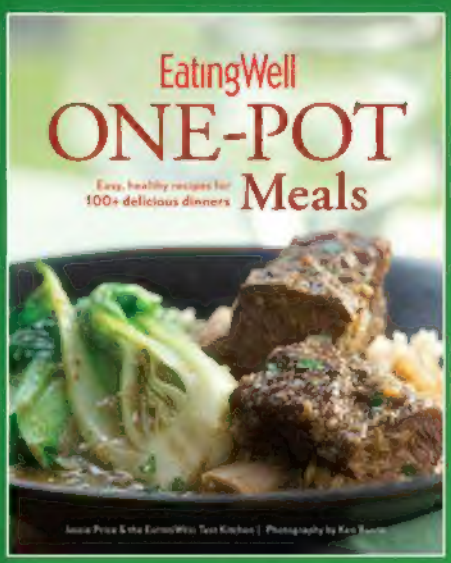
Canadian School of Natural Nutrition
TEACHING THE MEDICINE OF THE FUTURE
DISTANCE EDUCATION
Natural Nutrition Diploma Program
R.H.N.™ Designation
NANP Approved
www.nanp.org
1-800-328-0743
www.canadianschoolofnaturalnutrition.com
DISTANCE EDUCATION

Solid Copper Heat Diffusers & Defroster Plates
Even Heating - No Hot Spots
Fantastic as a Defroster Plate!
They Really Work because - Copper conducts heat better
www.BellaCopper.com • (805) 218-3241

Cooking on a Rok
is fun, healthy, incredibly delicious and truly unique. The perfect holiday or wedding gift!
Order online at
store.rokcooking.com

Natural Candy Store
The world's largest selection of all-natural, dye-free, organic, fair-trade, vegan, and allergy-friendly candies. Absolutely no artificial colors or flavors. Perfect for parties, pinatas, gifts, and everyday treats.
All the FUN without the FUNNY stuff!™
www.NaturalCandyStore.com

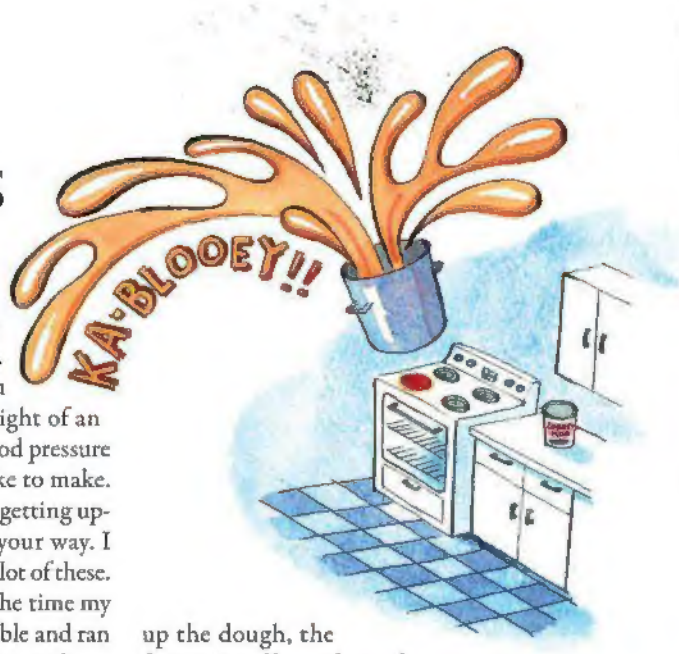
"One Click" BUTTER CUTTER
A Great Idea! A Great Gift!
buttercutter.com


EatingWell ONE-POT Meals
Easy, healthy recipes for 100+ delicious dinners
EatingWell One-Pot Meals
Easy, healthy recipes for 100+ delicious dinners
By Jessie Price & the EatingWell Test Kitchen
Photography by Ken Burris
Recipes for 6 essential pots every cook should have: slow cooker, skillet, wok, roasting pan, Dutch oven and casserole—plus dinner in a salad bowl!
To order:
eatingwell.com/shop
or call 800-921-0826
(use code EWMA13)
HARDCOVER, 224 PAGES
8" X 10" • FULL COLOR
COVER PRICE: ~~$24.95~~
EATINGWELL BOOKSTORE PRICE: $22.45 — SAVE 10%!
Visit ForThePantry.com for special offers
ThePantry
EatingWell

Produced by AMERICA'S Muse 800-838-5222 HotlistWave.com

Kitchen Disasters

BY ANN HODGMAN



The kitchen gods have a way of humbling a good cook. They'll start out by giving you children who retch at the sight of an onion fleck. Later they'll raise your blood pressure so you can't eat the things you most like to make. And once in a while, to keep you from getting uppity, they'll throw a kitchen disaster your way. I must be pretty uppity, because I've had a lot of these.

There are the public disasters, like the time my cockatiel, Japan, landed on the coffee table and ran through a platter of seven-layer dip as I set it down in front of guests. Or the time I did a TV cooking demo in front of millions of viewers. Well, hundreds. Dozens, anyway. I brandished my brand-new cream whipper and announced, "This will whip the cream in 40 seconds!" Forty seconds went by verrrry slowly before the producers cut to a commercial. When they came back to the studio, the cream was still as liquid as if it had just come out of the cow.

Then there are the logistical catastrophes. One Christmas, I decided it was finally time to cook a suckling pig. If only my oven had decided it was big enough to *hold* the pig. Instead, it obstinately remained eight inches too narrow.

But the mistakes I still wake up cringing about are the times I've messed up while trying to perform a "Good Deed."

My worst kitchen calamity involved two innocent prairie dogs named Daisy and Buttercup. And you can't explain things to prairie dogs.

Like making my brother's wedding cake. I finished icing it at 3:00 a.m. the day of the wedding. It seemed to be listing slightly as I left the room. I tried to sleep, but at 6:00 I tiptoed downstairs again. The cake now had a huge crevasse between layers four and five. An hour later, it lay in— do you say "shards" when it's cake?—on the table.

Or the gluten-free croissants I was hoping to serve to my friend Bill, who has celiac disease. The horror of those croissants! After 40 years I had finally mastered perfect regular croissants, and I guess I got cocky. I didn't check the ingredients on the bag of gluten-free flour I bought, and it would never have occurred to me that anyone would think to make baking flour out of chickpeas.

To spare you your own disaster, let me share with you the fact that dough made from chickpea flour *Can. Not. Be. Rolled. Out.* It's like trying to roll a pile of dirt—dirt with lumps of butter smeared through it. The more frantically I scooped up the dough, the faster it collapsed. And croissant dough is not supposed to smell like falafel.

I was sweating and swearing as Bill—who hadn't been able to eat croissants for 10 years—stood nearby, watching me impassively. Finally I turned to him and asked, "Do you mind if I throw this out?"

"I *want* you to throw it out," Bill said.

Now, Bill and my brother are at least human. They can understand apologies; they can even pretend to accept them. But my worst kitchen calamity involved two innocent prairie dogs named Daisy and Buttercup. And you can't explain things to prairie dogs.

This was in the early days of dulce de leche and the only recipe I could find called for placing unopened cans of sweetened condensed milk in a huge pot of water and boiling them for four hours. I brought the pot to a boil, adding more water occasionally. Then, when it had been simmering for two hours, I forgot about it and went to bed.

Early the next morning, my husband shook my shoulder and hissed, "The cans exploded all over the kitchen." *Whoops.* I forgot to mention that Buttercup and Daisy were *pet* prairie dogs. They lived in my kitchen. Heart pounding, I raced in—and found them sleeping peacefully in their newspaper nest, unaware that, like the rest of the room, they were covered with black, sticky blotches of burned sugar.

Cooked sugar is super-hot, but the blobs that fell on Buttercup and Daisy must have cooled as they fell. Cooked sugar is also super-sticky, but the blobs that spattered the kitchen ceiling and walls were amazingly easy to clean off. Those were the good things. The bad thing was cleaning off the prairie dogs. Even if they had understood my apologies, would they have believed me if I said it was all the fault of the kitchen gods? I think not.

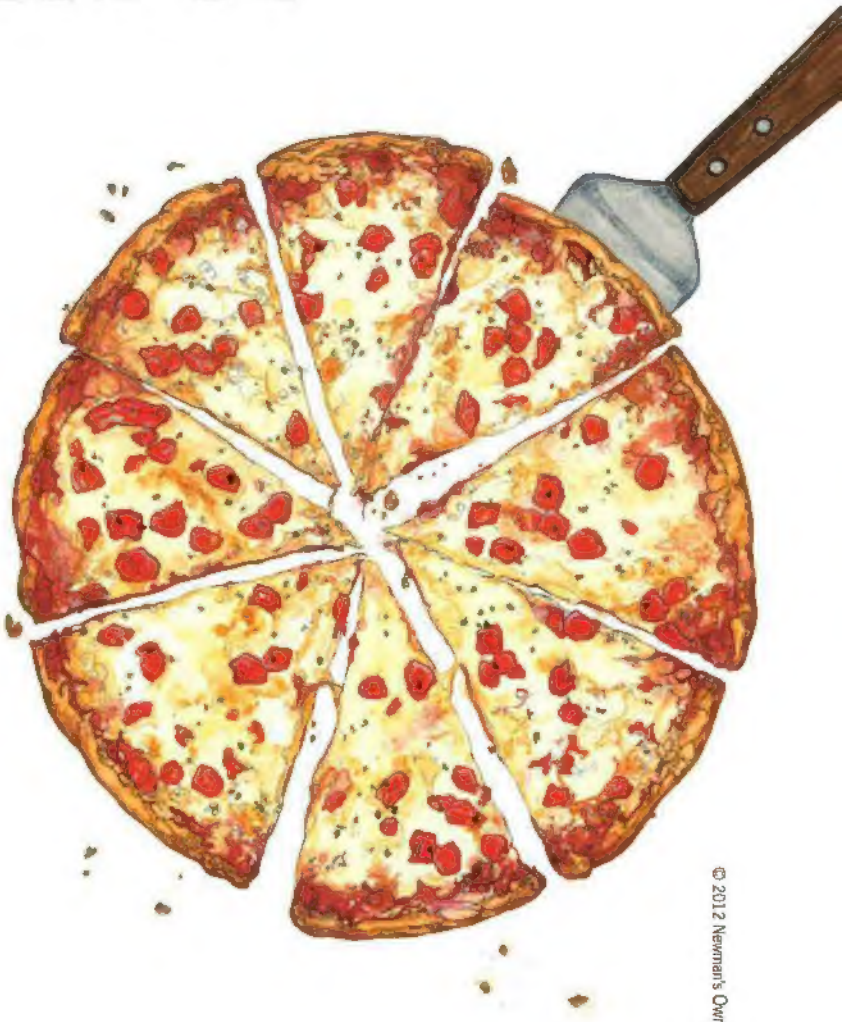
ANN HODGMAN's *essay "The E-Mail Home" was a finalist for the James Beard Award for humor.*

HAL MAYFORTH

Share Your Disasters! We want to hear about your biggest kitchen calamity. Share your story at **eatingwell.com/go/disasters**

EATINGWELL® (ISSN 1046-1638), April 2013, Volume XII, No. 2, is published bimonthly in February, April, June, August, October and December by Meredith Corporation, 1716 Locust Street, Des Moines, IA 50309-3023. Periodicals postage paid at Des Moines, IA, and at additional mailing offices. Subscription prices, $24.95 per year in the U.S.; $29.95 (U.S. dollars) in Canada; $34.95 (U.S. dollars) overseas. POSTMASTER: Send all UAA to CFS. (See DMM 707.4.12.5); NON-POSTAL AND MILITARY FACILITIES: send address corrections to EATINGWELL, P.O. Box 37506, Boone, IA 50037-0506. In Canada: mailed under Publications Mail Sales Product Agreement No. 40066223; Canadian BN 123482987 RT. Return undeliverable Canadian addresses to EATINGWELL, 2835 Kew Dr, Windsor, ON N8T 3B7. © Meredith Corporation 2013 All rights reserved. **Printed in the U.S.A.**

WE'RE *in* IT FOR THE DOUGH.



CRUST. NOT CASH.

Deliciously crispy crust.

All natural toppings.

Plus all profits to charity.

That's good no matter how you slice it.

© 2012 Newman's Own Inc.

For a Fresh Twist on Everyday Recipes, Think Fisher.

Stand It Up.
Scoop It Up.
Zip It Up.

For these recipes and more,
visit fishernuts.com

Fisher

carrot cake cupcakes

mixed greens with fruit & sliced almonds

almond encrusted cod fillet

©2013 John B. Sanfilippo & Son, Inc.
Fisher® is a registered trademark of John B. Sanfilippo & Son, Inc.

Like us on Facebook®